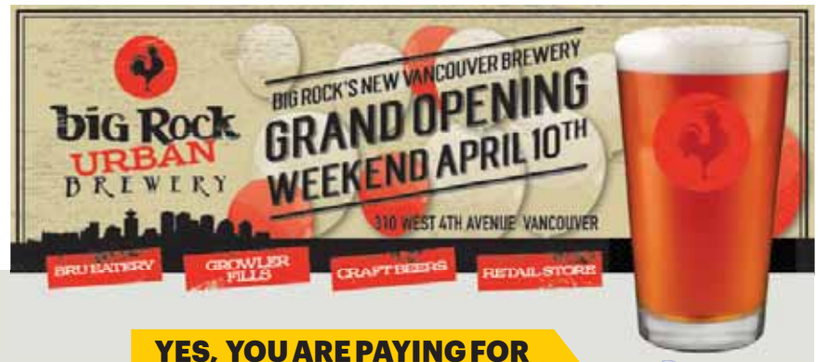
TELEVISION

Arya ready? Your essential Game of Thrones primer P.30



Vancouver metro

YES, YOU ARE PAYING FOR HIS MAKEUP ARTIST P.11

Your essential daily news | WEEKEND, APRIL 10-12, 2015 High 11°C/Low 6°C Rainy

TOXIC BAY

CITY WASN'T TOLD ABOUT SLICK FOR 13 HOURS, P.3 & 4

DARRYL DYCK/THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Puppies reporting for police duty. Page 12

Crews scramble to contain spill

ENVIRONMENT

Nearly 1,400 litres of toxic fuel recovered

Emily Jackson
Metro | Vancouver

Oil spill response crews worked all day Thursday to contain a 3,000-litre toxic fuel spill in English Bay, but the foreign cargo ship from which the substance apparently originated is refusing take responsibility for the leak that resulted in heavy oil washing up on Vancouver's beaches.

About 1,400 litres were recovered in 24 hours, according to the Canadian Coast Guard, but authorities are urging residents to stay out of the water and avoid the high tide line until health and ecological impacts are clear.

The coast guard took control of the spill response after Port Metro Vancouver alerted them of the oil slick on Wednesday around 5 p.m., Assistant Commissioner Roger Girouard said at a news conference.

A flight over the Burrard Inlet confirmed a "bull's-eye" around a brand-new bulk carrier named Marathassa, flying under the Cyprus flag, arriving to get grain, Girouard said.

It took crews about six hours to start skimming oil from the surface and nine hours to place a boom around the vessel. Transport Canada crews boarded the ship at 10:20 p.m. to investigate, but as of Thursday afternoon the ship's master insisted it was not the source of the oil, Girouard said.

A spill response boat monitors a boom placed around the bulk carrier cargo ship Marathassa after a bunker fuel spill on Burrard Inlet in Vancouver on Thursday.
DARRYL DYCK/THE CANADIAN PRESS

"I can't definitively say that it came specifically from that vessel, but what I do know is when we boomed it, there was no more emergent oil," Girouard said.

"At the end of the day, that investigation might leave us still with a mystery, but the key is that the team responds to the containment and the collection of the oil."

The coast guard does not know exactly what spilled into Vancouver's waters, but it is treating it as a worst-case scenario, Girouard said.

The province, Transport Canada and the West Coast Marine Response Corporation (WCMRC) were immediately involved in the cleanup, but the city was not alerted until 6 a.m. The public was not notified of the spill until this point, when black tar balls had already hit the shores of Sunset Beach, English Bay, Second Beach and Third Beach.

"It certainly was not our intent to leave the city in the blind," Girouard said, adding the coast guard ought to review its notification protocol.

Otherwise, he said, the response went to plan and was not affected by the closure of the Kitsilano Coast Guard station.

"We are certain that the lion's share of that black material will be collected and certainly has been contained," he said.

But the recovery didn't stop oil from reaching the beaches.

A mother from Amsterdam was surprised when her three-year-old son Ties got his hands covered in the "sticky, nasty stuff" when he picked up a stick at English Bay.

Resident Keenan Berg, 24, who learned about the spill on a seawall run, said it was a "big red flag" for the pipeline debate even though it didn't seem like a huge spill.

"The reason I run here and the reason why I pay so much money to live down here is because it's so clean, and so beautiful. To have it tarnished is too bad," he said.

ENGLISH BAY

Flawed spill response a 'wake up call': MLA

The response to the oil spill in English Bay should be a "huge wake up call" at a time when Kinder Morgan is vying to expand its pipeline and increase the number of oil tankers in the Burrard Inlet, Vancouver-West End MLA Spencer Chandra Herbert said Thursday.

It was a "huge failure" that Port Metro Vancouver or the Canadian Coast Guard didn't alert the city to the spill until more than 12 hours after it happened, the B.C. NDP environment critic said at a press conference at the beach, where a light smell of fuel lingered in the air.

"People were out there last night, playing with their dogs, having fun in the water. Meanwhile we were having bunker fuel or oil, they still can't tell us what it is, in our water potentially causing harm," Chandra Herbert said.

"It's a huge wake-up call for those who don't have concerns about Kinder Morgan's proposal to massively increase oil tankers through our waters," he said. Those tankers would carry diluted bitumen, he added, which behaves differently in a spill.

Chandra Herbert called on the province to conduct its own environmental assessment of the pipeline, criticizing the National Energy Board process.

"If Christy Clark actually cared about protecting our coast, she'd say to the federal government we're having our own environmental assessment for Kinder Morgan so we can actually get answers to questions about oil spill," he said.

The premier was not available for comment, according to an email from her press secretary.

Chandra Herbert also criticized the "world class" oil spill response system, a concern echoed by environmental activist Ben West, executive director of No Tankers B.C.

The fact that fuel washed ashore indicates "whatever is being done isn't working," West said. EMILY JACKSON/METRO

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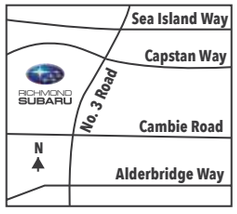

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A seagull walks along English Bay Beach after bunker fuel leaked from the bulk carrier cargo ship Marathassa anchored on Burrard Inlet in Vancouver, B.C., on Thursday.

DARRYL DYCK/THE CANADIAN PRESS

Fuel leak leaves birds coated in oil

ENVIRONMENT

Slim 'odds of survival' for doused birds, says doctor

Thandi Fletcher
Metro | Vancouver

Several sea birds were found coated in oil on Vancouver beaches Thursday after a toxic bunker fuel spill spread across English Bay.

The Vancouver Aquarium said it is closely monitoring the spill to determine its impact on marine wildlife.

But for the birds already found oiled, the odds of survival are slim, said Dr. Peter Ross, director of the Ocean Pollution Research Program.

Although birds can be cleaned, Ross said evidence from past oil spills shows that most of the animals will die.

"Cleaning and rehabilitation and releasing is maybe the right thing to do, but unfortunately, it still meets with a high mortality rate," he told Metro. "Birds don't like to be oiled, so they'll clean their feathers and as a result, they will ingest some oil, and that's harmful."

Focus Wildlife, an organization that works with government and industry to address emergency wildlife issues, is caring for the oiled birds, he said.

It's unclear exactly how many birds were recovered, but Ross said he was told there are several in the group's care. A request for comment from Focus Wildlife was not immediately returned Thursday.

Oil puts a diverse variety of sea life at risk of exposure, including harbour seals, river otters, crows, crabs and salmon, said Ross.

> **Even with a modest spill, we can see harm.**
> Dr. Peter Ross

"Anything that breathes air around the ocean surface is potentially going to be exposed to some noxious gases," he said.

Ross said the aquarium is considering precautionary steps to prevent marine mammals from getting close to the oil spill. If a pod of killer whales gets too close to the slick, he said his team could go out on boats to "guide them away" and into open water, for example.

Ross said it's disappointing oil spills, even minor ones, continue to happen in B.C. waters.

"Even with a modest spill, we can see harm and we can see impact," he said.

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TRANSPORTATION

BC Ferries seeing an increase in traffic

BC Ferries is hoping a recent rise in traffic points to a continuing trend for this summer.

In March, BC Ferries saw an additional 51,937 passengers and 29,861 vehicles compared to the same month last year.

Almost 1.5 million passengers and more than 500,000 vehicles used BC Ferries last month.

And February was even better, with an 11 per cent increase for vehicles and 10 per cent jump for foot passengers compared to February 2014, BC Ferries said Thursday.

"These numbers are very positive and we are optimistic we'll have an outstanding summer for traffic on BC Ferries this year," BC Ferries president Mike Corrigan said in a statement.

"Indications are that lower gas prices and a weaker Canadian dollar will combine to increase traffic this summer."

Deborah Marshall of BC Ferries added that the good weather so far this year also helped encourage people to travel more.

Ferry rates went up 2.9 per cent on April 1. Fees for vehicles and passengers actually went up 3.9 per cent but a one per cent fuel rebate also kicked in.

On the northern routes, between Port Hardy, Prince Rupert and Haida Gwaii, fares were increased by two per cent.

A preliminary decision on future fare increase price caps set them at 1.9 per cent from 2016 to 2020.

Ferry rates have gone up more than 50 per cent on major routes since 2003, causing a drop in ridership, adversely affecting property values in the Gulf Islands in recent years and prompting complaints from business owners on Vancouver Island and along B.C.'s coast serviced by ferry traffic.

The government also decided to reduce services on underutilized routes. NEAL HALL/FOR METRO

Housing Minister Rich Coleman. METRO FILE

Celebrating 'rebirth of a community'

SOCIAL HOUSING

New seniors home replaces Mountain site

Neal Hall
For Metro | Vancouver

The opening of a new 53-unit seniors building is the rebirth of the former Little Mountain social housing site in Vancouver, Housing Minister Rich Coleman said Thursday.

"What we're celebrating is the rebirth of a community," Coleman said during the opening ceremony. "This is part of the Little Mountain renewal project."

He said the new building was the beginning of 234 new units of social housing planned for the six-hectare site, which is bounded by Main Street, 33rd Avenue and 37th, which once provided social housing to more than 200 people.

The long-term tenants were evicted in 2009 and the buildings demolished, despite years of protests from residents and housing activists.

Coleman said redeveloping the site gave the province "leverage" to develop 2,100 units of supportive housing across B.C., including 1,500 units in Vancouver to help those living in poverty or with mental health and addiction issues.

The site was sold for $300 million to the Holborn Group, a Vancouver real estate development company that is also developing the Trump Tower in Vancouver.

The new five-storey building, managed by More Than a Roof, has 47 one-bedroom and six two-bedroom apartments.

Once it is fully developed, the site will have about 1,500 affordable housing units, including 10 set aside for the Musqueam First Nation, Coleman said.

IN BRIEF

Body found on property of UBC president: Police

Police say a body was found on the property of the official residence of the president of the University of British Columbia.

RCMP Cpl. Brenda Winpenny of the UBC detachment says officers arrived at the campus residence of Arvind Gupta on Thursday after someone on the property called police.

She says officers have not yet determined how the man died, and she had no information yet on his identity or age. She confirmed the man was not Gupta.

Winpenny says the property is located near trails that descend to several beaches. THE CANADIAN PRESS

TERRORISM TRIAL

Officer denies using guilt to push Nuttall

An undercover police officer has denied he used the threat of disappointing Allah and disrespecting radical Islamists to frighten a man into concocting a viable plan for jihad.

John Nuttall's defence lawyer accused the officer of suggesting the recently converted Muslim violated his faith by committing the sin of wasting money spent to help him craft his plot.

"You were conveying the message he was disrespecting a whole bunch of terrorists," Marilyn Sandford told the officer in front of a B.C. Supreme Court jury on Thursday.

Wasting money is haram, or forbidden, in Islam, the trial heard.

"You said to him, 'Do you know how many brothers are working for that money?'" she said, adding that the officer, whose identity is protected, brought Allah into the picture as yet another party unhappy with Nuttall.

"Yes, but there was a reason for that," replied the officer, who is the Crown's key witness. "I had direction I had to follow."

Nuttall and his wife Amanda Korody have pleaded not guilty to conspiring to detonate bombs on the B.C. legislature grounds on Canada Day 2013.

In court Thursday, the jury watched June 2013 video of the undercover officer driving the couple back from Kelowna, where he promised they would be able to work on their terrorist plot away from distraction.

The officer confronted Nuttall, saying others were trusting him with their money and he didn't think Nuttall was fully invested.

"That makes me feel horrible to hear you say that," Nuttall replied. THE CANADIAN PRESS

DOWNTOWN EASTSIDE

Suspect in stabbing shot dead by police

A woman is in critical condition and the suspect is dead after a triple stabbing at a Downtown Eastside church on Thursday.

Police were called to First United Church, at Hastings and Gore streets, at 5 p.m. after receiving reports of a stabbing.

Once on scene, Vancouver police say officers found a suspect wielding a knife outside the church.

Multiple less-lethal rounds from a bean-bag gun were fired in an attempt to control the suspect, police say, but they were ineffectual.

The suspect then turned to a nearby woman and stabbed her, according to police.

The suspect was shot by officers and pronounced dead at the scene. The woman was rushed to hospital in critical condition.

Two other men at the church were treated for non-life-threatening stab wounds.

The Independent Investigation Office was notified of the incident and are investigating the police-involved shooting. MATT KIELTYKA/METRO

IN BRIEF

Pit bull too dangerous to be allowed to live: Judge

A provincial court judge has ordered the death of a 16-month-old pit bull after what she said was a "savage and persistent" attack on one of its owners.

A Kelowna court heard the male dog, named Loki, had a long history of running loose and being aggressive. He bit Jennifer Heitzmann on her arms and legs and broke a bone in her hand last November.

During a three-day trial in Kelowna, Heitzmann told the court her partner Rick Bellar was being attacked by two men and she tried to hold the dog back.

But in a ruling issued this week, Judge Jane Cartwright rejected that explanation, saying evidence showed the attack happened while the couple was having an argument.

She described the wounds as "deep, bloody and gruesome" and said there is "no other option" than to have the dog euthanized in 30 days if the owners don't appeal the order — which Bellar said he plans to do.

Cartwright also banned the couple from owning or residing with any dog that has been declared aggressive or dangerous by an animal-control officer for three years.

"It would be irresponsible in the extreme to release Loki to anyone, much less the respondents, as they have proven that they are unable to control Loki," she said. THE CANADIAN PRESS

A screenshot of a video that shows a woman allegedly being harassed more than 100 times on the streets of New York. The video, created by Hollaback! in New York, inspired the group's Vancouver chapter to also fight back against street harassment. YOUTUBE

Putting a number on street harassment

HOLLABACK!

Local chapter inspired by N.Y. video tallying public catcalls

Thandi Fletcher
Metro | Vancouver

A Vancouver group is fighting catcalls with clickers and sketchbooks.

Hollaback! is launching a two-week campaign to record the frequency of street harassment in the city.

Stacey Forrester, team lead for the international group's Vancouver chapter, said the campaign aims to give a voice to those who have been harassed in public.

"We exist in a culture that has set up women as a group that is supposed to be available and objectified," she told Metro. "It doesn't feel good to move about your city in fear, and it limits where you go and what you do."

The Vancouver campaign was inspired by a video created by Hollaback! in New York that made the rounds on social media, she said. In the video, a woman walks around New York for 10 hours and is harassed more than 100 times.

"That video went viral," said Forrester. "So we were wondering how can we help women tell what street harassment looks like here for them."

Participants will spend 24 hours tracking the number of street-harassment incidents they encounter. They will click twice if they are harassed directly and once if they encounter indirect harassment, such as avoiding a street where they may have been harassed previously.

They will then track the number of clicks in a sketchbook, as well as their feelings about the experience.

After hearing stories of people being yelled at by drivers in passing cars, being repeatedly solicited while out and about and being targets of sexual comments, Forrester said she believes street harassment is a serious problem in Vancouver that affects all "subordinated groups," including members of the LGBTQ community.

She said she hopes the campaign provides data to quantify the issue.

"I want the numbers to come out," said Forrester. "I want women to have a voice and for other people to have a voice."

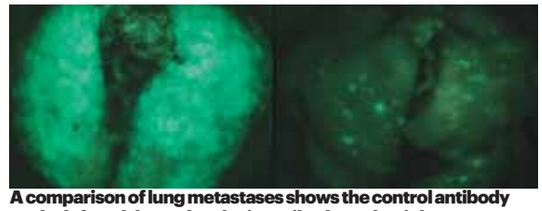
CANCER

Researchers reduce tumour growth rate

Researchers at the University of British Columbia have developed an antibody that can slow the ability of aggressive tumours to grow and spread to different parts of the body.

Early testing in mice shows the antibody has the ability to "knock down" aggressive tumour cells and their ability to migrate and spread to other parts of the body, said Dr. Kelly McNagny of UBC's Biomedical Research Centre.

"It's human cells in a mouse model, but we're excited about the idea of now developing more antibodies that we could start using to treat patients," McNagny said.



A comparison of lung metastases shows the control antibody on the left and the podocalyxin antibody on the right. COURTESY UBC

Developed in collaboration with the Centre for Drug Research and Development, the antibody works by targeting podocalyxin, a protein marker found in many highly aggressive tumours. Podocalyxin is associated with about five per cent of breast cancers, most ovarian cancers and some types of colon, renal and bladder cancers. Earlier studies have shown that its presence in tumours is linked to low survival rates.

McNagny and his team discovered that inhibiting podocalyxin dramatically slowed the growth and metastasis of aggressive tumours in mice.

"That's why we're excited about it," he said.

"It seems to get rid of the cells that are residual and that move around to set up shop in other places." THANDI FLETCHER/METRO

CONSTRUCTION

Minister predicts nothing will stop Site C

Two weeks before farmers and First Nations press the courts to block the Site C dam from transforming a thriving stretch of river in northeastern British Columbia, the minister responsible has forecast away any obstacles.

Energy Minister Bill Bennett told a Vancouver Board of Trade gathering on Thursday he's confident legal objections won't stymie the multibillion-dollar hydroelectric project.

"As far as I'm concerned, they're starting construction soon — in the summer," he told the crowd of about 250 business people, many representing the mining sector, though declining to circle a specific date.

But opposition has dogged the project over the decades it has been a long-range energy option, and it has only heightened during the seven recent years it's been formally in the works.

Two of several court challenges are also on the doorstep, with cases launched by the Peace Valley Landowners Association and Treaty 8 First Nations. The matters are set to be heard in B.C. Supreme Court on April 20 and 23, respectively, according to the Wilderness Committee.

> **I don't think there's going to be any injunctions that are going to stop construction of this project.**
>
> Energy Minister Bill Bennett

Plans for the $8.8-billion dam involve flooding a portion of the Peace River and creating an 83-kilometre-long reservoir.

The project is expected to produce 1,100 megawatts annually once completed by 2024, enough to power 450,000 homes. THE CANADIAN PRESS

Songhees First Nation dancer, Devon Lepine, performs the paddle welcome to Five Te'mexw member First Nations and guests at the Songhees Wellness Centre in Victoria, B.C. on Thursday. CHAD HIPOLITO/THE CANADIAN PRESS

Agreement an 'opportunity' for land talks

ABORIGINAL LAND RIGHTS

First Nations celebrate after two decades of negotiations

Chief Ron Sam smiled as he held a thick treaty document in both hands and raised it above his head in triumph, sparking a rousing cheer from hundreds of people who gathered in a community hall minutes from downtown Victoria.

After two decades of negotiations, five southern Vancouver Island First Nations signed an agreement-in-principle Thursday on a modern-day treaty that includes land, cash and a route away from the Indian Act and toward self-government.

"The signing of this agreement will finally give us the opportunity to talk about some serious land," he told reporters immediately following the ceremony. "This will give us the opportunity to really sit down and put some land on the table."

There are more than 200 B.C. First Nations and only about two dozen have treaties, some of which date back to the mid-1800s when B.C. was a British colony.

Premier Christy Clark has said the current process that has yielded four treaties in more than 20 years is too slow and expensive.

Her government recently refused to appoint former Liberal cabinet minister George Abbott as B.C. Treaty Commissioner, deciding instead to review the negotiating process before appointing a commissioner.

Chilliwack-Fraser Canyon MP Mark Strahl, who attended the ceremony on behalf of the federal aboriginal affairs minister, said the current treaty process has challenges, but Ottawa is committed to negotiations.

The agreement-in-principle between the Te'mexw Treaty Association, which represents the Vancouver Island First Nations, and the federal and B.C. governments includes provisions to provide the First Nations with 1,565 hectares of Crown land and about $142 million once a final agreement is reached. THE CANADIAN PRESS

GOVERNANCE

The agreement also includes 27 chapters covering issues including governance, taxation and land.

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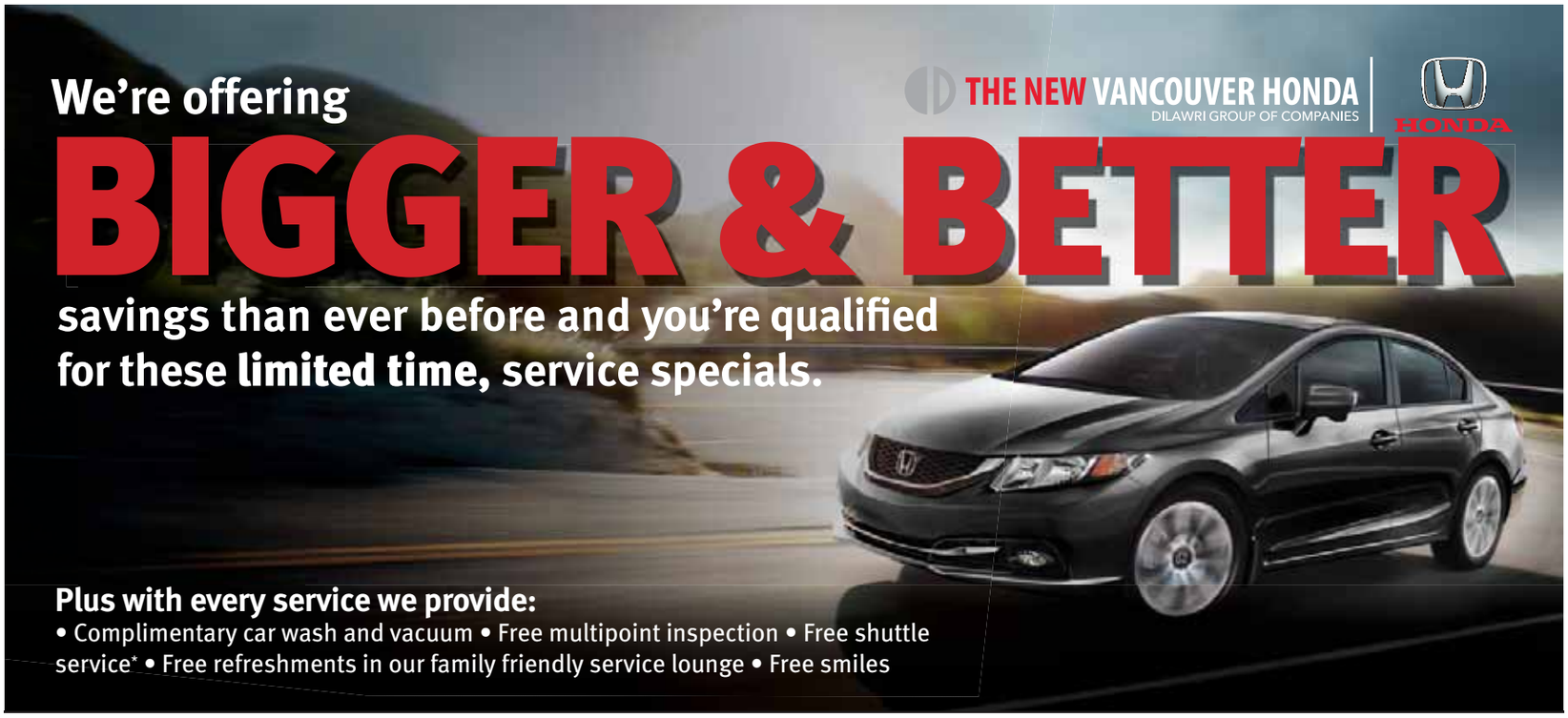
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CRTC asking users about digital trends

REGULATIONS

Public hearing to be held a year from now

Canada's telecom regulator is asking Internet users whether they're getting enough speed — and enough bang for their buck.

The Canadian Radio-television and Telecommunications Commission has launched a major fact-finding process to assess whether Canada has the right telecommunications to be a world-class player in the digital economy.

It wants to know what services Canadians need to be digitally competitive, what kind of upload and download speeds are needed, whether there should be funding tools in place for upgrading telecom equipment and how the industry players should be regulated.

The CRTC says it will gather information before holding public hearings on the issue a year from now.

The regulator says it also wants to find out what areas of the country are being underserved by digital technology.

Under current CRTC policies, Canadians in every region are expected to have access to a low-speed Internet connection, at a minimum.

But as more government and public services are moved online, the regulator said it's concerned that not everyone will benefit from such things as digital banking, health and other services.

Jean-Pierre Blais, delivers a speech at a Canadian Club of Ottawa event at the Chateau Laurier in Ottawa March 12. THE CANADIAN PRESS

"As our habits change in this digital age, our telecommunications services must keep pace," CRTC chairman Jean-Pierre Blais said in a statement.

"Canadians are looking to the future, and the CRTC wants to ensure that the technology they depend on does so as well," he said.

The CRTC also expressed concerns about the pressure being placed on existing services from new emerging technologies, such as so-called smart meters used by municipal and provincial utilities to measure energy, water or natural gas consumption. Those meters, like so many other things, require broadband access. The consultations were announced in tandem with the release of a report on the Canadian satellite services market. THE CANADIAN PRESS

BLUNT FORCE TRAUMA

Inquest gives details of beaten boy's death

A medical expert says a six-year-old boy who was beaten to death by an older child on a Saskatchewan reserve had injuries similar to those seen in high-speed car crashes or a 10-metre fall.

Dr. Shaun Ladham testified Thursday at a coroner's inquest into the death of Lee Bonneau, who was found with head injuries in a wooded area on the Kahkewistahaw reserve in 2013.

He was last seen walking with an older boy outside a recreation complex while his foster mother was playing bingo.

Ladham, who is a forensic pathologist, said the cause of Lee's death was blunt force trauma to the head, causing multiple skull fractures.

"That does not happen easily," he said, adding that "considerable force" was used.

Saskatchewan's children's advocate determined that the 10-year-old boy who killed Lee had behavioural issues and probably should not have been in the community unsupervised. Because he was under 12, he could not be charged under the Youth Criminal Justice Act.

The inquest also heard from Alicia Ward, the child protection worker in charge of Lee's case. The child had been in the care of the Ministry of Social Services for less than three months when he died.

Six-year-old Lee Bonneau is shown in a Saskatchewan RCMP handout photo. THE CANADIAN PRESS

"I had no doubt this family loved ... and wanted to parent their child
Alicia Ward

The inquest has heard there were concerns about domestic violence in Lee's home, and the boy was taken into care after his mother told a Social Services worker she wanted to commit suicide.

Under questioning from coroner's council Sonya Guiboche, Ward acknowledged her office was dealing with a heavy case load at the time and needed more staff. She conceded an assessment of the family had been delayed, but denied the delay made a difference in getting the boy back sooner.

"The safety threats continued to be there," she said. She said Social Services provided Lee's parents with mental health support, but services could be improved.

"I had no doubt this family loved their child and wanted to parent their child."

In a report released last year, children's advocate Bob Pringle said the boy who killed Bonneau didn't receive the help he needed. THE CANADIAN PRESS

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POLITICS

Harper to question allies about Iran deal: Sources

A skeptical Harper government will be pressing some of Canada's closest allies about their deal to prevent Iran from developing nuclear weapons.

The Canadian Press has learned Prime Minister Stephen Harper will likely discuss the Iran deal this weekend while he and U.S. President Barack Obama are in Panama for the Summit of the Americas.

Sources also say Foreign Affairs Minister Rob Nicholson will discuss the issue next week when G7 foreign ministers meet in the German city of Lubeck. Nicholson has already released a statement expressing skepticism about the deal reached by six countries with Iran to curb its nuclear program. THE CANADIAN PRESS

NDP launch complaint against Liberals

The NDP is seeking an investigation into Liberal Leader Justin Trudeau's alleged improper use of parliamentary premises for partisan purposes.

The NDP's complaint comes one day after the Liberals sought an investigation into NDP MPs' allegedly inappropriate use of their taxpayer-funded constituency offices to campaign for re-election. Both complaints have been sent to House of Commons Speaker Andrew Scheer, who chairs the multi-party board of internal economy, which polices how Commons resources are spent. THE CANADIAN PRESS

OTTAWA

GUARDING THE GUARDS

Ottawa Police Const. Santiago De Los Santos watches over the National War Memorial as sentries return to their post for their first day on Thursday. The Department of Defence has hired the Ottawa Police Service to guard the sentries after Cpl. Nathan Cirillo, a reservist guarding the Tomb of the Unknown Soldier, was shot and killed by a gunman while on sentry duty on Oct. 22, 2014. The Department of National Defence is paying the Ottawa police an estimated $425,000 for uniformed officers to protect the sentries beginning this week and running until mid-November. JUSTIN TANG/THE CANADIAN PRESS

The bill for beauty

DUFFY TRIAL

Questions arise over who paid for makeup services

The prime minister might have had his makeup done alongside Sen. Mike Duffy in 2010 on one of their many appearances together, but a government source says the taxpayer didn't pick up the tab for that type of service.

Still, one month earlier, taxpayers did foot the bill for Stephen Harper's makeup artist to travel overseas for the 65th anniversary of the liberation of the Netherlands.

The fact that Harper and Duffy employed the services of the same makeup artist surfaced in court earlier this week.

Defence lawyer Donald Bayne said Tuesday that Duffy had his makeup done for a G8/G20 national youth caucus event in 2010 and that Harper received the same service that day.

"The $300 (contract) paid not only Sen. Duffy's perfectly standard makeup for television — it's always done — but Ms. Lambert made up the prime minister of Canada," Bayne said in court.

31

Suspended senator Mike Duffy is facing 31 charges of fraud, breach of trust and bribery

A government source, speaking on condition of anonymity, refused to comment on a matter before the court but did say that "these services are not paid for by taxpayers."

In fact, the taxpayer has picked up bills in the past for another Harper stylist, and around the same time period.

Michelle Muntean travelled around the world with Harper, applying makeup, styling hair, selecting clothing and trimming nails.

In 2007, Harper's office told The Canadian Press that Muntean's expenses were covered by the Conservative party.

But the Public Accounts of Canada, the government's annual spending report, tell a different story: the Department of Foreign Affairs paid her travel expenses, including flights, meals and accommodation.

The records for 2009-2010, for example, show she travelled with Harper on 13 different trips.

In May 2010, the records show that she accompanied Harper to the Netherlands. THE CANADIAN PRESS

National chief stepping down

National Chief Betty Ann Lavallee is resigning as head of the Congress of Aboriginal Peoples.

She says she will step down as of September to spend time with her family and out of concern for the health of her parents and husband in New Brunswick.

Lavallee, a veteran of the Canadian Forces and a member of the Mi'kmaq people, has been head of the organization since 2009.

She replaced Patrick Brazeau after he resigned to enter the Senate.

She says she's leaving the organization in good shape, financially and administratively.

She also says it's time for new leadership, especially with the Supreme Court of Canada poised to deliver a verdict in a major case which she says will bring long-sought recognition for Métis and non-status Indians.

"I feel it is the right time for new leadership to take on the challenge of pursuing the implementation of that decision," she said.

Lavallee said her family's needs have come to the fore.

"A person gives up a lot to serve in this kind of position and I have been happy to do it, in fact it has been a great privilege, but there comes a time to focus on family," she said.

Since 1971, the congress has promoted the rights and interests of off-reserve natives, both status and non-status, as well as the Métis and the southern Inuit of Labrador. THE CANADIAN PRESS

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H is for Hero: Police puppies get names

LAW ENFORCEMENT

More than 21,000 names submitted by public

Thirteen puppies in training to be police dogs now have names.

There were more than 21,000 entries from across Canada to this year's RCMP Name the Puppy contest.

Because of the unprecedented response, Insp. Andre Lemyre, who is in charge of police dog services, chose 13 winners representing every province and territory in Canada, not just 10 as originally planned.

All names had to start with the letter H. For multiple entries of the same name, winners were selected at random.

The 13 winners will each receive a certificate, a laminated photo of the puppy they named, a plush German Shepherd toy dog named Justice and an RCMP cap.

"Everyone at the centre was blown away by not only the number but also the creativity of all the entries," said Lemyre.

"Congratulations to the 13 winners and my sincere thanks to every boy and girl who suggested a name."

Three of 13 puppies in training to be police dogs, which all have names beginning with H.
THE CANADIAN PRESS/RCMP HANDOUT

"Everyone at the centre was blown away by not only the number, but also the creativity of all the entries.
RCMP Inspector Andre Lemyre

RCMP police service dog teams search for missing or lost people, track and apprehend criminals, remove illicit drugs from the streets, detect explosives and search for and recover evidence used in crimes.

The Police Dog Service Training Centre is the national training centre in Canada for all RCMP police dog teams.

Ninety-three per cent of the German Shepherds working as RCMP service dogs were born at the centre as part of the RCMP Police Dog Breeding Program.
THE CANADIAN PRESS

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THE CANADIAN PRESS

INTERNATIONAL RANKINGS

Canada sixth in social advancement: Index

Canada continues to rank near the top of the world in a measure of social advancement that hopes to displace simple economic wealth — or gross domestic product — as the yardstick for national success.

The Social Progress Index, which is headed by Harvard Business School professor Michael Porter, delivered its third annual report Wednesday evening, ranking 133 countries on a basket of 52 different indicators.

Canada came in sixth overall as the most socially advanced country in the world — but was ranked first globally for offering its citizens what the study broadly terms "opportunity," a group of indicators that include rights, freedoms, tolerance, and access to higher education.

RANKINGS

The competition:
Norway, the small Nordic country whose vast sovereign wealth fund built on oil and gas revenues has been frequently contrasted in recent months to Alberta, was ranked as the world's most socially advanced nation, followed by Sweden, Switzerland, Iceland and New Zealand to round out the top five.

RANKINGS

The other guys:
The United States was ranked 16th in the world, having "underperformed" in relation to its relative economic strength, according to the Social Progress Index authors.

The report comes as Canada wrestles with questions of cultural accommodation, sparked by the Conservative government's efforts to bar niqab-wearing women from citizenship ceremonies and a general fear of Islamist-inspired terrorism following two deadly attacks last year on Canadian soil.

"Canada's ranking as the world's sixth most socially progressive nation is testament to a strong performance across the board, with stand-out results for inclusion, thanks particularly to a high tolerance for religious minorities and immigrants," Michael Green, the executive director of the non-profit Social Progress Imperative, said in a release.

High Canadian adult literacy rates and a very low homicide rate were also points of note.

Two areas in which Canada does not excel are "ecosystem sustainability" — rated 48th among 133 countries — and "access to information and communication" — where Canada placed 25th.

The Social Progress Index joins other more established indices designed to measure national advancement using metrics beyond wealth.

Canada was rated at the top of the United Nations' human development index for much of the 1990s and has ranked in or near the top 10 since the index was created in 1990. Canada was ranked eighth in 2014.

The Organization for Economic Co-operation and Development has a "Better Life Index" and various global polling firms publish happiness rankings that assess a wide basket of national indicators.
THE CANADIAN PRESS

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ISIL says group hacked French network TV5

PARIS

Prosecutor's office opens terrorism investigation

Hackers claiming allegiance to the Islamic State of Iraq and the Levant (ISIL) seized control of a global French television network, simultaneously blacking out 11 channels and taking over the network's website and social-media accounts. The attack appeared to be an unprecedented step in the extremist group's information-warfare tactics.

The hackers briefly cut transmission of 11 channels belonging to TV5 Monde and took over its websites and social-media accounts starting Wednesday night. The channel's director, Yves Bigot, said the attack continued into Thursday. He told RTL radio that the network has restored its signal but can only broadcast recorded programs.

The Islamic extremist group has claimed complex hackings before, but experts and a French official said the ability to black out a global television network represented a new level of sophistication for the group. The Paris prosecutor's office said Thursday it has opened a terrorism investigation into the attack.

Bigot said he was shaken when he saw the black screen across the network's broadcasts "and when we discovered the sense of the message appearing on our social media and our websites, it both allowed us to understand what was happening and obviously worried us."

The message on the TV5 Monde website read in part "I am IS" with a banner by a group that called itself Cybercaliphate. It was replaced later Thursday by a simple message saying that it was undergoing maintenance.

Hackers claiming to work on behalf of ISIL have seized control of the Twitter accounts of other media, such as Newsweek, and in January they hacked into the Twitter page and YouTube site of the U.S. military's Central Command.

Prime Minister Manuel Valls, on his Twitter account, called the attack "an unacceptable insult to freedom of information and expression," and French government ministers visited the channel's Paris headquarters Thursday.

TV5 Monde, which was founded by the French government in 1984 and calls itself the "worldwide French cultural channel," broadcasts news and other programs produced in France, Belgium, Switzerland and Canada. THE ASSOCIATED PRESS

TV5 employees work in Paris on Thursday after the French television network was hacked by people claiming allegiance to ISIL. CHRISTOPHE ENA/THE ASSOCIATED PRESS

POLICE BRUTALITY

Critics want abuse claims monitored

The fatal shooting of an unarmed black man fleeing from a police officer has stirred outrage around the nation, but people in the South Carolina city of North Charleston aren't surprised, calling it inevitable for a police department they believe focuses on petty crimes and fails to keep its officers in check.

There is almost nothing in Michael Thomas Slager's police personnel file to suggest that his bosses considered him a rogue officer capable of murdering a man he pulled over for a broken tail light. People in the community he served say this reflects what's going wrong with policing today: officers nearly always get the last word when citizens complain.

The mostly black neighbourhood in North Charleston where Slager fired eight shots at the back of Walter Lamer Scott on Saturday is far from unique in this regard, said Melvin Tucker, a former FBI agent and police chief in four southern cities who often testifies in police misconduct cases.

Civil-rights leaders want North Charleston to create an independent citizens review board to review complaints against police. THE ASSOCIATED PRESS

IN BRIEF

French protesters march in nationwide strikes

Thousands of protesters, many blowing whistles and waving union flags, marched through Paris and other French cities on Thursday in a day of nationwide strikes that kept many children out of school, forced the closure of the Eiffel Tower and cancelled some 2,000 flights in and out of France.

Stepping up pressure on President Francois Hollande's already-unpopular Socialist government, the protesters aired an array of grievances against state funding cuts, planned increases in the retirement age and business-friendly reforms that could make firing workers easier. THE ASSOCIATED PRESS

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Midwest bears down

TORNADO SEASON

'Enhanced risk' of hail, high winds, tornadoes

A broad swath of the U.S. Midwest is girding for hail, damaging winds and possibly tornadoes as a strong storm front continues to rumble east.

The National Weather Service's "enhanced risk" area Thursday stretches from northeast Texas to the upper Midwest. Forecasters say Philadelphia, Washington and other parts of the Atlantic coast could see the same weather patterns Friday.

In Milwaukee, an interstate was closed for several hours Thursday morning after several vehicles became partially submerged in flood water due to heavy rain. Tornadoes were reported Wednesday and early Thursday in Kansas, Missouri and Oklahoma, but those areas saw minimal damage from the year's first widespread bout of severe weather.

In central Indiana, a 75-year-old woman died Wednesday night after being swept into a rain-swollen creek near Indianapolis. THE ASSOCIATED PRESS

Derek Smith, 14, looks at the shattered rear window of his mom's car that was busted out by hail slightly smaller than a tennis ball that fell from a storm in downtown Farmington, Mo., Wednesday. PHOTO AND INSET BY DAVID CARSON/ST. LOUIS POST-DISPATCH, THE ASSOCIATED PRESS

KENYA

Police urge citizens to resist militants

Kenyans confronted by armed Islamic extremists should fight back and avoid being killed "like cockroaches," a senior police official said Thursday at a Nairobi morgue holding the bodies of some of the 148 people who died in last week's attack on a college.

Some Kenyans, however, said it was difficult to expect civilians to resist militants and that it was the government's responsibility to protect them. The Kenyan government has faced criticism for an allegedly slow response by security forces to the April 2 attack on Garissa University College in eastern Kenya.

Many of those who died likely had no chance or any means to fight back effectively. The assailants were heavily armed and, according to survivors, were swift and ruthless while gunning down unarmed, terrified students.

"If something happens like that, fight back," Pius Masai Mwachi, a Kenyan police superintendent, said to journalists.

The four gunmen died when an elite team of police commandoes entered the campus.

Any Kenyans who fall into the hands of militants should not allow themselves to be divided along ethnic and religious lines, "like what happened in the Garissa attack," Mwachi also said.

Survivors say gunmen from the al-Shabab extremist group targeted Christian students for killing after separating them from Muslims, though there were also many accounts of indiscriminate shooting.

"It's not the work of the citizens to protect themselves," said human rights activist Boniface Mwangi said, citing a "social contract" that requires the government to safeguard its people. THE ASSOCIATED PRESS

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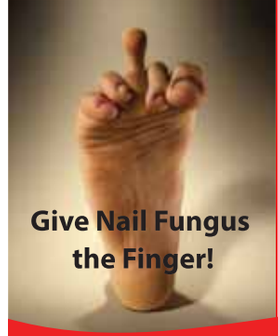

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IN BRIEF

GM's hybrid sales a bust

General Motors will stop making the Chevrolet Volt for four weeks in June and July due to slow sales and to deal with the change to an all-new version of the gas-electric hybrid car.

Sales of electric and hybrid cars have slowed this year, largely due to low gasoline prices. The national average for a gallon of regular gas was about $2.40 on Thursday, 35 per cent lower than last year's peak of $3.70.

THE ASSOCIATED PRESS

Record fine for gas pipeline explosion

California's largest power utility says it won't appeal a record $1.6 billion penalty from the state for a 2010 gas pipeline explosion that killed eight people in a San Francisco suburb. Utility regulators approved the penalty against Pacific Gas & Electric Co. on Thursday.

CEO Tony Earley says in a statement that the utility's focus would be on safety improvements in its operations.

THE ASSOCIATED PRESS

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*Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2015 CR-V LX 2WD model RM3H3FES/Odyssey LX model RL5H2FE/Pilot LX 2WD model YF3H2FE ("Specified Models") for a 60-month period, for a total of 260 payments of $69.89/$84.49/$102.50 leased at 1.99%/1.99%/1.99% APR based on applying $400.00/$0.00/$0.00 "lease dollars" (which are deducted from the negotiated selling price before taxes). ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 CR-V LX 2WD, Odyssey LX and Pilot LX 2WD only on customer's behalf. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,171.40/$21,967.40/$26,650.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $27,685/$32,045/$37,095 including freight and PDI of $1,695 based on new 2015 Specified Models described above. License, insurance, registration and taxes are extra and may be required at the time of purchase. £For more information about the 2015 Motor Trend Sport/Utility of the Year® award, visit http://www.motortrend.com/oftheyear/suv/2015_honda_cr_v_is_the_motor_trend_suv_of_the_year "/#/"*Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from April 1st through 30th 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Canadians sue U.S. sperm bank

GEORGIA

Ontario couple claim donor details were incorrect

A U.S. sperm bank said Thursday it did not verify the personal information of a donor used by a Canadian couple who are now suing the company, alleging they were never told the man was a schizophrenic with a criminal record.

In an open letter, the president of Xytex Corp. said a careful review of its records had determined the Canadian couple's claims "do not reflect" the information the donor provided to the company.

"We stand by the process we followed and intend to vigorously defend ourselves against the allegations," Kevin M. O'Brien said in the letter.

Port Hope, Ont., residents Angela Collins and Margaret Elizabeth Hanson allege that Xytex told them their choice of donor was a healthy man with multiple degrees who was "among their best donors."

In a statement of claim filed with a Georgia court, the couple alleges they only accidentally learned the identity of their donor — years after their son was born. Through their own research, they contend, they realized the donor, James Christopher Aggeles, was a college dropout who had been arrested for burglary at one point and had schizophrenia.

None of the allegations contained in the statement of claim have been proven in court.

THE CANADIAN PRESS

WHAT THEY SAID

The couple:
In their statement of claim, Angela Collins and Margaret Elizabeth Hanson say they learned that their sperm donor, James Christian Aggeles, was schizophrenic, "held no degrees," had been arrested for burglary and that his photos had been doctored to remove a large mole.

The sperm bank:
The donor provided photos of himself and gave copies of his degrees, Xytex president Kevin O'Brien said. THE ASSOCIATED PRESS

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Elections BC is administering the vote-by-mail plebiscite from March 16 to May 29, 2015.

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You can ask for a voting package to be mailed to you by calling 1-800-661-8683 or online at elections.bc.ca/ovr. You can ask for a voting package until midnight on Friday, May 15, 2015.

Elections BC **must** receive your completed ballot package **before 8 p.m. on Friday, May 29, 2015**.

Visit elections.bc.ca or call 1-800-661-8683 for more information.

elections.bc.ca
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GADGETS

Apple Watch ready for online orders

Buying an Apple Watch won't be as simple as walking into an Apple store and handing over your credit card.

The smartwatch comes in 54 configurations — more than any other Apple gadget. So starting Friday, Apple stores will have staff trained to help you choose. You'll then have to place your order for shipping starting April 24.

Prices range from $349 US to $17,000 US, depending on the watch case, band and size.

If you know the specific configuration you want, you're best off ordering it online, starting at 12:01 a.m. PDT Friday (3:01 a.m. EDT). There won't be an in-store pick-up option.

Besides the United States, the watch is available in Australia, Canada, China, France, Germany, Hong Kong, Japan and the United Kingdom.

For the most part, watches will be available for viewing when stores open Friday, so many overseas stores will actually show the watch before orders are accepted.

Only some stores will carry the 18-karat gold luxury models known as Edition. When you make the try-on reservation, you'll have to specify whether you're looking for these models or the cheaper ones. Specialists will handle these luxury appointments. If you're just interested in seeing them, all stores will have them for viewing in glass cases.

You won't be able to visit Best Buy or your wireless carrier. Apple will handle most of the sales directly. However, the watch will be available to try on at Galeries Lafayette in Paris, Isetan in Tokyo, Selfridges in London and some Apple resellers in China and Japan starting Friday. Once the watch goes on sale on April 24, it will be available in additional retail outlets, such as select department stores and boutiques, including Maxfield in Los Angeles.

THE ASSOCIATED PRESS

IN BRIEF

Bell Media president out
Bell Media president Kevin Crull abruptly left his post Thursday, two weeks after he admitted to trying to influence national news coverage. A corporate statement announcing his departure left little doubt of the link between Crull leaving and his interference in CTV's coverage of the broadcast regulator.

THE CANADIAN PRESS

market minute

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[1] Individual branch hours vary. [2] TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power 2006-2014 Canadian Retail Banking Customer Satisfaction Studies℠. 2014 study based on 17,183 total responses and measures opinions of consumers with their primary banking institution. Proprietary study results are based on experiences and perceptions of consumers surveyed May-June 2014. Your experiences may vary. Visit jdpower.com. [3] TD Canada Trust received the highest numerical score in the proprietary J.D. Power 2014 Canadian Small Business Banking Satisfaction Study℠. Study based on 1,348 total responses, measuring 5 financial institutions and measures opinions of small business customers. Proprietary study results are based on experiences and perceptions of customers surveyed in May-June 2014. Your experiences may vary. Visit jdpower.com. ® The TD logo and other trade-marks are the property of the Toronto-Dominion Bank.

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TAP. TAP. TAP.

THE KOHLER REPORT

Rebecca Kohler

Hi, my name is Rebecca and I'm an iAddict. This is a hard day for me because it's the day the Apple Watch goes on pre-order. I must stay strong.

The idea of the Apple Watch gives me a nervous breakdown. I already have a MacBook, an iPod, an iPhone and an iPad — this is not a humble brag, it's more a humiliating admission.

When the iPad came out, I felt like Goldilocks: "My laptop is too big and my iPhone is too small, but that iPad looks juuuussst right."

And now, Apple is releasing a watch that tells time, checks emails, takes calls and makes the Casio calculator watch I had in Grade 3 look like a joke.

Can I resist? And if I don't, what will happen to my social skills? What will happen to my credit card? And what will happen to my brain?

Sometimes I come home tired, wanting to relax. I'll sit on the couch and start scrolling through Netflix (ahem, on my Apple TV), then I'll hear my phone buzz. As I try to ignore that, I'll hear the bleep of a Facebook message coming through my computer, then the ding of a text, and the chime of an email.

You know the feeling, right? It's both intriguing and exhausting, like "I wonder who that is" mixed with "who the hell is that?"

You try to hold out, ignore them, but as you watch that old Friends episode, the buzzes and the beeps and the chimes gnaw at the back of your thoughts like a rat whose teeth resemble the end of a USB cord. Finally, you give in and you check the messages, often to find they're disappointing or stressful. "Oh, an ad for a vagina enlargement." Or "great, a friendly reminder from my accountant that it's tax season."

If I can barely relax now, I feel like the Apple Watch will take over my life. The chimes and buzzes won't be across the room anymore, they'll be on my body. Tapping me — the Apple Watch doesn't vibrate, it taps — taunting me. Every text, every FB invite, every Instagram of my friend Cathy's new manicure ... tap, tap, tap.

Sometimes I feel like I'm in a psychological thriller; like social media is a psycho neighbour who keeps knocking on my door to tell me what colour Kim Kardashian's hair is. And though I know this, I can't resist answering the door, just in case it's something else, something great.

I read an article recently about the fact that every time we check our messages or notifications or play Candy Crush, we get a hit of dopamine.

Dopamine is the same chemical released when a cocaine addict snorts a line or a smoker lights up. Though I'll be jealous of everyone that has one, I don't think I'll get an Apple Watch.

I'm already addicted and the watch sounds like hooking myself up to an intravenous notification drip.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

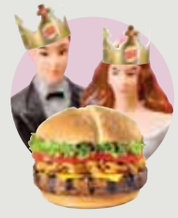
From **matrimonial marketing** to **suffocating welfare laws,**
Metro weighs in on the news that made headlines this week:

Poultry pilgrimage

Two Canadian dads took their sons on a Kentucky Fried road trip of a lifetime. Travelling 3,400 kilometres from Montreal to the Harland Sanders Café and Museum in Kentucky, the families said three of the sons had never tried the crispy birds before and that they had never laughed so much in their lives. Goes to show that treating your fast food as an adventure can be amazing. Putting a ring on it, however ... (read on)

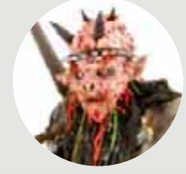
Speak now or forever hold the grease

... Joel Burger and Ashley King are getting married and guess who offered to sponsor their wedding? That's right, the HOME OF THE WHOPPER® contacted the couple about footing their bill and they said yes! We see big things for any hyphenated offspring resulting from this blessed union. Imagine having a multinational there from the start, sponsoring finger paintings, catering birthday parties (mini burgers, duh), paying college tuition. Couldn't be happier for Burger King. Burger-King. Whatever.



Heavy stuff

As if it wasn't sad enough when undying chaos-demon, Lord and Master of Earth and lead singer of GWAR Dave Brockie, a.k.a. Oderus Urungus, overdosed last March, the band is now being sued by Brockie's father. Dad says the other guys stole his son's remains, guitars and other stuff. He claims he asked for the return of all of Urungus's remains, but instead got "a small fraction of his son's ashes which were delivered in a used plastic bag with a Discover credit card logo on it." The matter is tragically before the courts. But at least we'll always have the music.



Help the poor and needy

Some politicians are so petty and shortsighted that they can find no better use of their time than micromanaging the spending habits of the poor. If a new law passes, welfare recipients in Kansas won't be allowed to use their cash at pools, nail salons or movie theatres, and will be barred from withdrawing more than $25 a day at ATMs. This idea makes no moral or fiscal sense (you could probably get some pretty sweet nail decals for the same price as the fees you'd be paying on daily withdrawals), but when scapegoating the most vulnerable in society is your public-service priority, logic is mere trifle.

ROSEMARY WESTWOOD

metroview

Women can get abortions, but individual women can't

I've never been faced with the abortion choice.

But if I ever have one, I know I'll fear the stigma and shame — not from the minority of pro-lifers in this country, but from within the pro-choice majority.

Abortion is framed as black and white. It's not. It's "thousands of different shades of gray," as a U.S. Vox Media survey released this week points out. Some people are both pro-choice and pro-life, and each draws the line in a different place.

That plays out in Canada, too: In a 2014 poll, 23 per cent of otherwise pro-choice Canadians said they feel we should have some restrictions on the procedure. We're also split on whether abortion should always be paid for, or only in medical emergencies.

Canadians gaze with scorn at the theatrical, divisive abortion politics of the U.S. We agree on women's right to choose, we congratulate ourselves. We applaud our reasonable laws, our legal, paid-for-by-the-government abortions.

But we are hypocrites. When it comes to supporting women who make that choice, we are silent. Women in general can get abortions. Not an individual woman.

There were 82,869 abortions in Canada in 2013. One-third of Canadian women will terminate a pregnancy. And yet I have personally only heard of two.

Of those two, only one was a friend who told me of her abortion. It was hard for her to share, and it's now a vaulted secret. Our friends are pro-choice — as are 60 per cent of Canadians — but we both still worry about judgment.

There are public campaigns to dispel the shame around mental health, so people need not suffer from isolation, or blame, but we say nothing about abortion.

Everyone has their own take on abortion, if they'd have one, when they might. For some women, it's a painful decision for which they might even shame themselves. These nuanced opinions creep into our health-care system and silence us among each other.

Canadian medical schools are failing to properly educate future doctors about abortion, due to both stigma and fear of offending students, according to journalist Danielle Groen, who's written about the issue.

Access to abortion varies widely across the country, and is notoriously difficult outside major cities — a bias caused in part by fear of stigma and one that undermines our supposed legal right, noted longtime abortion activist Joyce Arthur.

"It's one thing to have a right, and really another thing to implement it," she said.

We've already said it's OK, so why does it still feel wrong?

Because we don't have abortion "solved." We've only sewn up the politics. And until we work harder to diminish the shame, Canadian women will suffer.

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Cashing in on our lust for love

ANALYSIS

Nicholas 'The Notebook' Sparks has yet another sticky sweet tale for us

IN FOCUS
Richard Crouse

Scott Eastwood and Britt Robertson star in Nicholas Sparks' latest lovey affair, The Longest Ride. CONTRIBUTED

Novelist Nicholas Sparks is the current king of romance writers. His flowery prose even gives Harlequin a run for their money in the three-hanky tear-jerker department. Who else could write a line like, "Love is like the wind, you can't see it, but you can feel it," with a straight face?

He is to romance writing what Buckley's cough syrup is to a tickly throat. They both get the job done, but leave a sickly sweet aftertaste.

His best-known novel adaptation is The Notebook, a cross-generational love story that spent over a year as a New York Times hardcover top seller. Inspired by the story of his wife's grandparents' 60-year marriage, the novel became a 2004 movie starring Ryan Gosling and Rachel McAdams. The tale of love and Alzheimer's is emotionally manipulative (writer Gary Panton called this passionate weeper "mushier than a mushed-up bowl of mushy peas that's just been mushed in an industrial-strength mushifier") but opening weekend it surfed a wave of tears to the box office Top 5.

Sparks, a former pharmaceutical salesman, writes tales of love and loss, of mighty obstacles overcome and lip-locks galore, which he defines as "dramatic epic love stories" along the lines of "Eric Segal's Love Story or The Bridges of Madison County ... But you can even go all the way back. You had Hemingway write A Farewell to Arms, the movies of the '40s — Casablanca, From Here to Eternity — Shakespeare, and that's the genre I work in."

He caught some flack for comparing himself to Shakespeare — one writer said, "If Sparks is like Shakespeare, then a house painter is like Picasso" — but the fact remains that his unconventional love stories, his parcels of passion, have made his name synonymous with the romance genre.

This weekend, prepare for another flurry of Sparkisms— tear-stained romantic letters, lines like, "Love requires sacrifice but it's worth it," and passionate make-out sessions — as The Longest Ride hits the big screen.

This time around "two stories separated by time, connected by fate," get Sparksified as the lives of a young couple, played by Scott "Clint's son" Eastwood and Britt Robertson and older lovebirds Alan Alda and Oona Chaplin, interlace. "I wish I could tell you it's all happily ever after," says Alda's character, "not everybody gets that."

Expect unexpected poignancy.

Critics haven't always warmed to Sparks's stories on film — Safe Haven with Julianne Hough as "a young woman's struggle to love again" has a paltry 12 per cent approval rating on Rotten Tomatoes, while The Best of Me starring Michelle Monaghan and James Marsden as high school sweethearts reunited after two decades sits at a miserable eight per cent rating.

But audiences can't seem to get enough of his weepy tales of unrequited love, lost love, mature love and love in a time of trouble.

Ten of his books have already been adapted for the movies, with one more, The Choice, scheduled for 2016.

His style of romance has caught on, but don't call him a romance writer.

"I write dramatic fiction. If you go into a further subgenre, it would be a love story, but it has its roots in the Greek tragedies. This genre evolved through Shakespeare. He did Romeo and Juliet. Hemingway did A Farewell to Arms. I do this currently today."

MOVIE RATINGS by Richard Crouse

The Longest Ride	★★
Danny Collins	★★★
Cut Bank	★

HOW RATING WORKS	
★★★★	SEE IT
★★ ★	UP TO YOU
★	SKIP IT

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DOCUMENTARY

The Salt of the Earth

Directors: Wim Wenders, Juliano Ribeiro Salgado
Starring: Sebastião Salgado, Juliano Ribeiro Salgado, Wim Wenders

For 40 years, photographer Sebastião Salgado has travelled through the continents. Salgado's life and work are revealed to us by his son, Juliano, who went with him during his last travels.

ROTTEN TOMATOES™ SCORE

Critics: 92% Audience: 89%

DRAMA

The Young And Prodigious T.S. Spivet

Director: Jean-Pierre Jeunet
Starring: Kyle Catlett, Jakob Davies

T.S. Spivet lives on a remote ranch in Montana. A gifted child, he has invented a perpetual motion machine, for which he has been awarded the Baird Prize by the Smithsonian Institution in Washington.

ROTTEN TOMATOES™ SCORE

Critics: 76% Audience: +90%

MYSTERY & SUSPENSE

Cut Bank

Director: Matt Shakman
Starring: Liam Hemsworth, Billy Bob Thornton

Dwayne McLaren (Liam Hemsworth) dreams about escaping small-town life in Cut Bank, Mont., "the coldest spot in the nation," with his vivacious girlfriend Cassandra (Teresa Palmer). When Dwayne witnesses an awful crime, he tries to leverage a bad situation into a scheme to get rich quickly.

ROTTEN TOMATOES™ SCORE

Critics: 38% Audience: 34%

DRAMA

The Longest Ride

Director: George Tillman Jr.
Starring: Scott Eastwood, Brittany Robertson

Based on the bestselling novel by Nicholas Sparks, the film centres on the star-crossed love affair between former champion bull rider Luke and college student Sophia. Spanning generations and two intertwining love stories, it explores the challenges and infinite rewards of enduring love.

ROTTEN TOMATOES™ SCORE

Critics: 14% Audience: +90%

DRAMA

Clouds of Sils Maria

Director: Olivier Assayas
Starring: Juliette Binoche, Kristen Stewart

Maria Enders, an actress at the peak of her international career, is asked to perform in a revival of the play that made her famous 20 years earlier. She comes face to face with an ambiguously charming woman who is an unsettling reflection of herself.

ROTTEN TOMATOES™ SCORE

Critics: 93% Audience: +86%

DRAMA & COMEDY

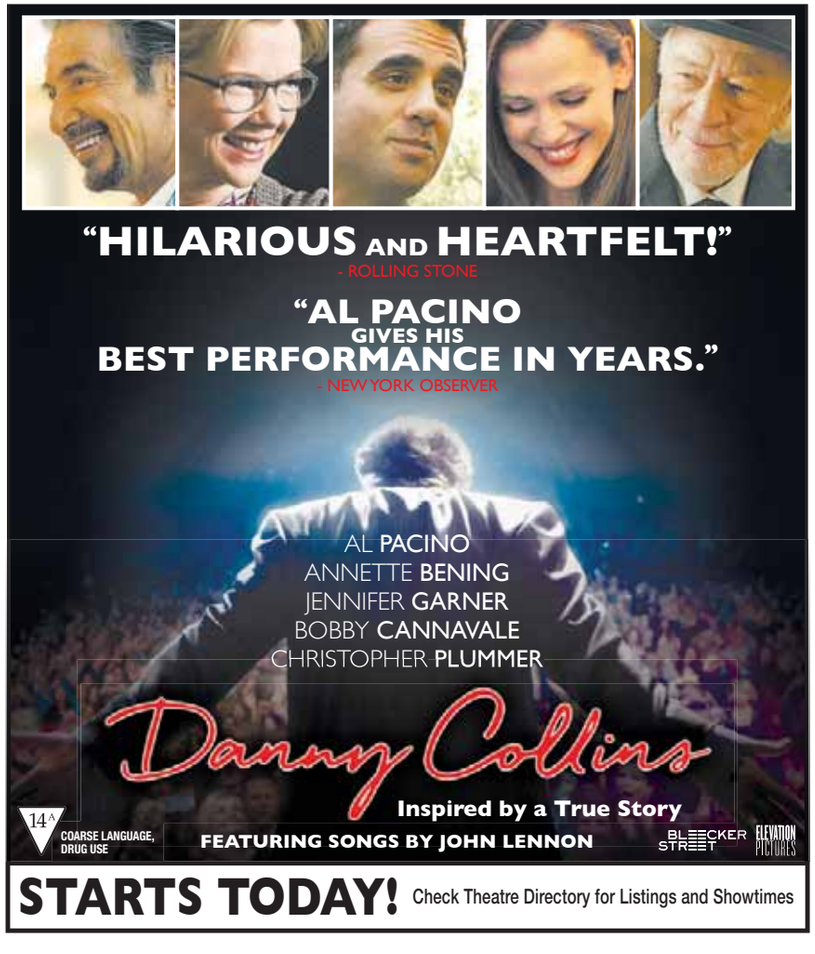
Danny Collins

Director: Dan Fogelman
Starring: Al Pacino, Annette Bening

Al Pacino stars as aging 1970s rocker Danny Collins, who can't give up his hard-living ways. But when his manager (Christopher Plummer) uncovers a 40-year-old undelivered letter written to him by John Lennon, he decides to change course and embarks on a heartfelt journey.

ROTTEN TOMATOES™ SCORE

Critics: 72% Audience: 76%



When Kristen met Juliette

CLOUDS OF SILS MARIA

Stewart and Binoche talk film roles and easy rapport

Matt Prigge
Metro in New York City

When we spoke last October during the New York Film Festival, Kristen Stewart had not yet become the first American female actor to ever win a Cesar — France's equivalent of the Oscar — for Olivier Assayas' Clouds of Sils Maria. But she was still ecstatic about it. In the film she plays Valentine, the harried but cucumber-cool personal assistant of Maria Enders, a Juliette Binoche-like superstar played by Juliette Binoche. That allowed her to mock the film industry and the gossip machine from a safe remove. The two actresses paired together to talk about their rapport, and, in Binoche's case, to whip out one hell of a laugh.

Juliette, your breakthrough, 1985's Rendez-vous, was written by Assayas, and you reunited for his 2008 film Summer Hours. You instigated this project. What was your original concept?
Juliette Binoche: I wanted him to deal with the feminine. I didn't know exactly what it would be, but I was imagining these characters exchanging roles. I talked about Bergman. I said, "C'mon, you love Bergman! You made a book of interviews (from 2008)!" And I was a little frustrated on Summer Hours, as an actress. I thought he was shy and hiding. I said, "I was missing you!"

Kristen Stewart: It's like, "I want to know you!"

JB: "I want to know you," yeah! And he said to me, "Give me two weeks and I'll tell you whether I like it or not." Then he called me and said, "I have the subject." A year and a half later he gave me the script

It's pretty honest about what goes on in the life of a middle-aged actress. What was your reaction to it?
JB: I was shocked! I didn't expect it to be that way at all. I was provoking him (big, hearty laugh) and I got slapped back!

Kristen, you were supposed to be Jo-Ann, a younger actress ultimately played by Chloe Grace Moretz, but you insisted on taking Valentine instead. Why was that?
KS: That part is fantastic, but it's just not for me. It was something I knew so well that it wasn't interesting to me. I know Valentine so well, but I've never done it before. It'd be more interesting to say I gravitated towards the project because of the statements it made and the commentary that it is. But it was the emotional part that I really loved. And there's more irony and more layers steeped in her dialogue if it's coming out of my mouth. It's just the way it is. I've been there, I've been smack-dab in the middle. To directly address the media and talk about what precarious bulls — it can be sometimes and how we starvingly consume people — that was fun. I had to erase the glee from my face while saying those lines. I had to try to not look so excited about it.

Your characters have such a comfortable rapport. How did you develop that?
JB: We took some appointments to help us develop our relationship. (Big, hearty laugh). When you like someone, you like someone. We became close in a natural way.

KS: If we hadn't, the movie would not have been good. Because I am not a liar. If this (connection between us) was not solid and this was not stimulating ... This woman makes me think more than most people that I've worked with. I'm constantly sitting there in between everything (thinking). She perplexes me a little bit, which is absolutely the right dynamic. We didn't have to fake it.

Is it getting better, or do you have to just go to Europe to get the great roles? Or is that just a cliché?
KS: If you were to get a consensus, then, yeah, absolutely. There are so many conventions in female roles in the States that it almost becomes — I mean, it's so cliché, as you say — it almost becomes stifling. And it's contagious. All of a sudden you think it's not going to be commercial and easily consumable, people are not going to make it.
It's either going to be the tiniest, tiniest, tiniest movie ever, or it's just never going to happen. I read really great scripts all the time that are different and go against convention and say something new. And they can never find legs. They never get made. It's a cliché because it's true.

Juliette Binoche, left, plays a famous international actress struggling to deal with her next film, alongside her personal assistant, played by Kristen Stewart, in Clouds of Sils Maria. CONTRIBUTED

> **I've always gravitated towards American filmmakers who have a bit more fluidity and the balls to explore; and (who) live in something and don't need to control it so much.** Kristen Stewart

DIRECTOR'S TAKE OLIVIER ASSAYAS

Filmmaker Olivier Assayas was partly responsible for Juliette Binoche's big break, and she his: In 1985 she starred in Rendez-vous, co-written by Assayas, his first screen credit. In Clouds of Sils Maria, she plays a very Binoche-y star, who worries that she's finally being replaced by the young.

"It's not about the cruelty of aging. It's about how to deal with it," he says. "It's not about rivalry. It's about a woman who ... has to accept that she's in another place, and that eventually a younger actress will look at her the same way she looked at an older actress when she was young."

Oliver Assayas. GETTY IMAGES

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Gosling's debut film inspired by Detroit

DIRECTORIAL DEBUT

Lost River is about surviving in urban decay

Ned Ehrbar
Metro | Life

Lost River is the debut effort by a new writer and director named Ryan Gosling. Maybe you've heard of him. I think he might be Canadian or something. We sat down with Gosling to discuss why the story of a young man and his mother (starring Iain De Caestecker and Christina Hendricks) trying to survive in the economic wasteland of Detroit spoke to him so strongly.

What was it about this story that made it right for your directorial debut?
I had written something when I was in my early 20s about child soldiers, and it was because I had gone to Uganda and Sudan and I had an experience that I wanted to elaborate on. I tried for a while to get that film made and I just couldn't. I just wasn't in a place in my career where I could make that happen. Then, you know, life happened and I was in more films, and then suddenly I went to Detroit and I had a similar feeling where I just felt a real connection to the place and had an experience there that I wanted to share and elaborate on. Sometimes you read a script and you feel like you could contribute by acting, and then sometimes you have an experience where it's, "If I don't write this, no one will."

Aside from Christina Hendricks and your partner, Eva Mendes, you've got a Brit, a Scot, an Irishwoman and an Australian playing Detroit residents. What do you have against American actors?
For the most part, I'd worked with everybody before and I just wanted to work with my friends on this film, and most of them I had seen a side of them that I hadn't gotten to see in their work, and so I wanted to write for that. But then there was this central character of Bones (De Caestecker), which was obviously the most important piece and the hardest to find, but Ian was so much more than what I'd hoped for.

Ryan Gosling's Lost River is the Canadian actor's first directing credit. PASCAL LE SEGRETAIN/WIREIMAGE

He just has a quality of wanting to highlight everyone else that's in the scene with him. He came (to Detroit) a month before hand and didn't tell anybody, started stripping copper in these buildings, and he walked every block of these neighbourhoods. He just brought this authenticity to it but just kept it in his pocket.

What was the process of you for defining the visual language of this film?
I had a year — not a solid year, by any stretch — but over the course of a year I took some trips to Detroit on my own and I was filming. And that really helped me — in one way because I felt like I was making the movie, even if it was just me, but that it had started and the train had left the station and now I had to finish. But it also helped me because now I had images that I knew were the film, not just inspiration for the film. I could show producers, actors, financiers, not "this is what it could be" but "this is what it is."

BACKGROUND

In Lost River, Christina Hendricks' character works in a macabre private sex-and-death club.
"It was based on the Grand Guignol and the Hell Cafe and the Death Cafe," says Gosling. "All of these were part of a macabre entertainment scene in Paris in the early 1900s. At the Grand Guignol, they would put on these horror shows, murder theatre where they would kill people on stage. It was fake but very realistic, and it gave birth to horror films. At that time, for whatever reason, there was this real macabre entertainment scene and fascination with death. We tried to root all the fantasy in this film in some form of reality, you know? So we used that as a big inspiration. But the idea was that in these sorts of places — after a natural disaster or, in this case, an economic disaster — they attract people who have dark fantasies because they can enact them in these places where no one's watching. You can get away with anything in these kinds of environments."

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Who will be on the guest list at Cannes?

FILM FESTIVAL

Woody Allen, Cate Blanchett among celebs that may make it to France

With the Cannes Film Festival set to open in just over a month's time, speculation is swirling over which films — and which top directors and actors — could be getting their moment under the French Riviera sun.

Cannes's organizers jealously guard their selections for the competition lineup and the out-of-competition program until a month before the film fest opens. This year, the movies to be shown at Cannes will be announced on April 16, and the festival will run from May 13 to 24.

Woody Allen is seen as more than likely to be walking the red carpet with his new flick, Irrational Man, starring Joaquin Phoenix.

Cate Blanchett might also be along for her movie Carol. And fellow Oscar-winner Matthew McConaughey could appear for The Sea of Trees the latest film by director Gus Van Sant, which also stars Naomi Watts.

The director of the festival, Thierry Fremaux, said last week "there is no more than a third of the selection definitively decided." He added he and his selection committee "watch the movies right to the end."

Cannes mixes international art-house cinema, Hollywood blockbusters, extravagant parties, industry wheeling and dealing, and eye-catching publicity stunts in a potent cocktail that has made it the pre-eminent global showcase for movies.

So far the only movie confirmed to be screened is Mad Max: Fury Road. The dystopian sci-fi movie, the fourth in the high-action Mad Max franchise and the first to star British actor Tom Hardy in the title role, will be shown out of competition on May 14 just before its worldwide release.

Fury Road co-star Charlize Theron is expected to saunter up the red-carpeted steps. She could put on another dress for The Last Face, directed by Sean Penn and starring Theron and Javier Bardem.

Harry Potter actress Emma Watson and Boyhood star Ethan Hawke might be along if Regression, by Spanish director Alejandro Amenabar (who made The Others, The Sea Inside) is selected.

Italy's flag could flutter over Mia Madre, the most recent picture by Nanni Moretti who won Cannes's top prize the Palme d'Or in 2001, or maybe La Giovinezza by Paolo Sorrentino, whose Grande Bellezza (The Great Beauty) won a foreign picture Oscar last year.

Asia, as always, is expected to be well represented. AFP

THE SHORT LIST

The Cannes selection committee is screening 1,800 films — from start to end credits — to arrive at the short list for next month's festival

Mad Max: Fury Road, starring Charlize Theron, will be show in Cannes just before its wide release in May. CONTRIBUTED

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Crime thriller Cut Bank stars Billy Bob Thornton and Liam Hemsworth. CONTRIBUTED

Director banks on 35mm magic

CUT BANK

Matt Shakman forgos digital, gives up salary for debut film

Richard Crouse
Metro | Canada

Cut Bank director Matt Shakman has something in common with 35mm film fanatics Martin Scorsese and Quentin Tarantino. For his movie debut the director insisted on shooting on film rather than digital.

"I'm an analogue kind of guy," he says. "To do this movie, which is about a town that feels trapped in a distant era, it felt right to shoot it on film. We had to find a way to deal with the financial impact of it, but I found a solution to that. I gave up my salary in order to do it.

"I'll only get a chance to make a first movie once and to make it on film feels special. I may never get a chance to do it again."

Set in the hamlet of Cut Bank, Mont., the action begins when auto mechanic Dwayne (Liam Hemsworth) accidentally videotapes the murder of the local postman (Bruce Dern). He reports the crime to the local sheriff (John Malkovich), hoping for reward money, but there are complications in the form of the suspicious father of his girlfriend (Billy Bob Thornton), a postal inspector (Oliver Platt) and a reclusive man (Michael Stuhlbarg) violently obsessed with getting his mail.

The script appeared on Hollywood's 2009 black list of the best unproduced films and has been in Shakman's hands for five years.

In the beginning he simply loved the twisty-turny story.

"Then," he says, "I (became) like a dog chasing a rabbit at the track. You get these tantalizing elements that start to make everything feel more real.

"When someone like John Malkovich signs on it is so helpful for so many reasons. One, the pleasure, personally, of getting to work with one of my heroes. Two, he certainly helps tell other actors that this is a party worth coming to and the third thing is just the business reality of having a person in the film who can help you with financing."

> **"You get these tantalizing elements that start to make everything feel more real.**
> Matt Shakman on making Cut Bank

Shakman says he knows after the film's theatrical run "a lot of people will see Cut Bank on their iPads," and while he prefers the communal experience of watching movies with an audience, he knows times are changing.

"They'll also watch Breaking Bad (on their tablets), so the line has blurred very much between the two kinds of content. It's all just become stories and where you choose to find them and how you want them delivered."

Hemingway tackles addiction in book

MARIEL HEMINGWAY

Mental illness, suicide covered in memoirs by granddaughter of literary icon

Mariel Hemingway recounts her famous family's struggles in two new books. DAN HALLMAN/INVISION/THE ASSOCIATED PRESS

Many people remember Mariel Hemingway best from her portrayal of the sweet teenager Tracy in Woody Allen's Manhattan, where she delivered the film's uplifting closing line, a reminder that "You have to have a little faith in people."

But Hemingway herself, then only 16, was living a life with much darkness in it; her family was plagued by alcoholism, drug addiction and mental illness. And suicide — including her famous grandfather, Ernest Hemingway, in 1961, and sister Margaux, the former supermodel, in 1996.

Hemingway, now 53, has written two new memoirs, Out Came the Sun, and a young-adult version, Invisible Girl, in which she frankly recounts her family's struggles. Here are some excerpts from her interview with The Associated Press.

You write at length about alcoholism, drug addiction, mental illness and suicide in your family. Do you feel all these things are connected?

Yes, especially in my family. Look at my grandfather, this extraordinary man, Ernest Hemingway, the greatest writer of the 20th century. But he was also self-medicating pain with a lot of drinking. Then I look at my oldest sister (Muffet), who is still alive, who is wonderful, but ... I think her schizophrenia and mental health issues were triggered by drug addiction. My other sister as well, she was a major alcoholic. And you know, it's a chemical. It changes your brain. In my family, it was never one glass of wine. It was a bottle. And it changes people.

You write about how you've had seven people in your family commit suicide. And you've been involved in suicide prevention efforts. Do we have a lot to learn about suicide?

Suicide is extremely complex. It is not necessarily somebody who suffers long-term mental illness. It can be planned for 20 years, or it can happen out of the blue.... The reason I wrote these books is so that if Mariel Hemingway, who comes from this family that everybody (knows), if SHE talks about her story, maybe I get someone suffering somewhere in silence to find a safe space to tell their story. So that they can start to heal.

Why did you write the young adult book?

Because that's (the age) when I was the most scared. Also when I was the most confused. A lot of kids don't know that there's somebody out there that gets it. You don't know it's not normal. I thought that when parents fought and there was broken glass and blood on the wall, that you cleaned it up because this was your job. THE ASSOCIATED PRESS

COURT

Jon Hamm accused in violent 1990 frat hazing

Court records show Mad Men's Jon Hamm was accused of taking part in a violent 1990 fraternity hazing at the University of Texas.

The actor had not previously been publicly linked to a Sigma Nu pledge who had sued after he said was dragged around by a hammer and had his pants lit on fire. He said Hamm participated "till the very end."

Records show Hamm was charged with hazing and received probation. THE ASSOCIATED PRESS

HEALTH

Taylor Swift's mom is battling cancer

Taylor Swift GETTY IMAGES

Taylor Swift revealed to her fans that her mother has cancer.

Swift wrote about the news in a post on her Tumblr on Thursday, which her representative confirmed.

Swift wants to keep the details private, but said her mother wanted fans to know what was going on.

The 25-year-old singer said she asked her mother to see her doctors as a Christmas gift. She said "there were no red flags," but they later learned Andrea Swift had cancer.

Though Swift is the superstar, Andrea has become a favourite among Swift's fans, often earning cheers from audiences at live shows. THE ASSOCIATED PRESS

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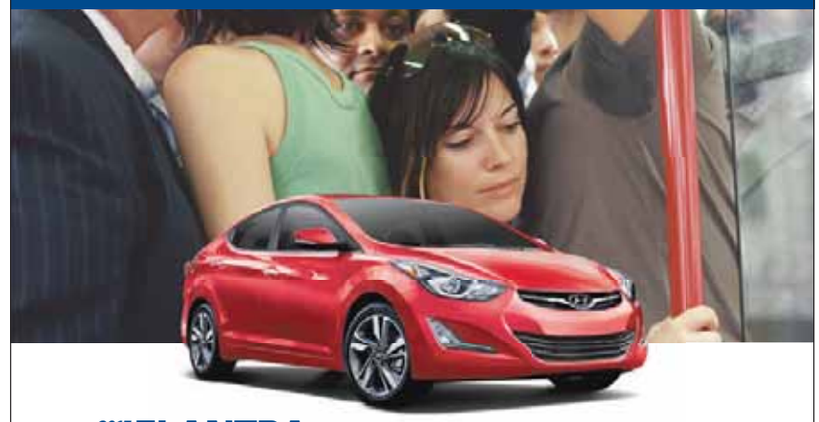

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TECH

Lego brings toys to life with new platform

The creators of the Lego video games are building their own rendition of a toys-to-life franchise.

Warner Bros. Interactive Entertainment and TT Games unveiled plans Thursday for Lego Dimensions, a game and toy line combining real-world Lego bricks and figures with virtual game worlds depicted on screen. It's similar to the popular Skylanders, Disney Infinity and ambiio series from Activision-Blizzard Inc., Walt Disney Co. and Nintendo Co.

Lego Dimensions will click together several Lego-ized versions of entertainment properties, including The Lord of the Rings, Back to the Future, DC Comics, The Wizard of Oz.

"I think The Lego Movie helped open the door," said TT Games managing director Jon Burton, who served as a producer on the film. "We've found that everyone from the intellectual properties we've partnered with were hugely open to this idea. It's lent itself to creating this world where hopefully it's only bounded by the imagination of the kids playing it."

The series' starter pack, which is scheduled for release Sept. 27 for all major consoles at $99.99, will include the game, a reader and pieces to construct a Lego portal on the device, as well as figures of Batman, the Batmobile, Gandalf and Wyldstyle from The Lego Movie. The trio is set to be voiced respectively by Troy Baker, Tom Kane and Elizabeth Banks.

The reader, which is divided into three sections and can detect up to seven Lego figures or vehicles at a time, doesn't visually scan the bricks. Instead, the Lego figures and vehicles can be affixed to individually marked discs containing radio frequency identification technology that's transmitted to the reader, just like the Skylanders and Infinity toys.

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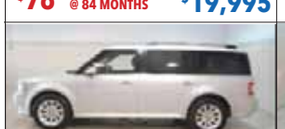
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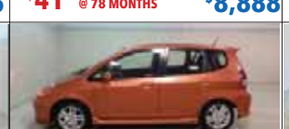
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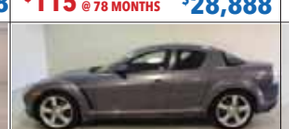
S15543A
2006 MAZDA RX-8 GT
Pure Japanese racing muscle machine! Fully loaded and only 61,776 kms!! Automatic, power group.
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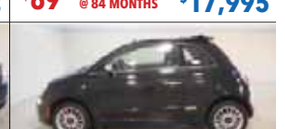
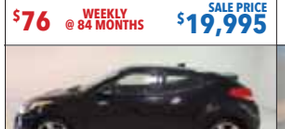

AB10624
2013 FIAT 500C LOUNGE
Convertible, fun car to drive, FWD, great on gas, power group, A/C, keyless entry, black on black.
$65 WEEKLY @ 84 MONTHS SALE PRICE $16,995


AB10669
2014 HYUNDAI VELOSTER TECH
Automatic, A/C, heated steering wheel, navigation, power moonroof, tilt and telescoping steering wheel.
$90 WEEKLY @ 84 MONTHS SALE PRICE $23,995

AB10638
2013 HYUNDAI ACCENT
4 cyl. auto, A/C, full power group, roomy and comfortable, CD player, AM/FM/USB/AUX, rear defroster.
$53 WEEKLY @ 84 MONTHS SALE PRICE $12,995

AB10655
2007 INFINITI G35 SPORT
RWD, automatic, climate control, power group, sunroof, CD, AM/FM radio, leather seats, heated front seats.
$98* WEEKLY @ 60 MONTHS SALE PRICE $17,998

S14500A
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Stow and go package It comes with convenience package, A/C, CD, AM/FM radio, automatic transmission, 7-seater.
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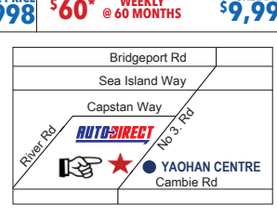

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Arya Stark, hardened by her life on the run, is headed solo toward the city of Braavos. CONTRIBUTED

Catch up on your GoT plot lines

Battling warriors and wrangling dragons on Game of Thrones is easy. Weathering the bitter cold north of The Wall is a snap. What's hard is keeping track of all the storylines and remembering how things were left hanging when last season ended all those months ago. With the return of Thrones for its fifth season on Sunday at 9 p.m. EDT on HBO, here's a reminder of what some of the characters were up to, way back then. And if you're not caught up, spoiler alert:

1 Jon Snow
Was attempting to broker peace with the wildling army of Mance Rayder, self-styled King-Beyond-the-Wall, when Mance's camp was attacked by troops led by One-True-King Stannis Baratheon.

2 Mance Rayder
Was taken prisoner by Stannis, who ordered him to kneel in surrender, something Mance, a stubborn sort, refused to do.

3 Stannis Baratheon
Left the impression, yet again, that he's not the forgiving type.

4 Tyrion Lannister
Often dismissed for his diminutive stature, but tough as nails, let loose a couple of fatal bolts from his crossbow at his father, Lord Tywin Lannister, who had it coming. After this execution, Tyrion was whisked away by Varys, a eunuch, and the two set sail for freedom.

5 Brienne of Tarth
A towering woman and would-be knight, was determined to fulfil her pledge to save the headstrong girl Arya Stark from the grip of thuggish Sandor Clegane, as she nearly killed him in a brawl. But Arya refused to join her and vanished from sight.

6 Arya Stark
Hardened by her hard young life on the run, took vengeance on her captor, Sandor, by refusing to put him out of his misery with her sword as he lay gravely wounded after his rumble with Brienne. She left him dying in agony as she took off solo for the city of Braavos.

THE ASSOCIATED PRESS

Everything noodle under the sun

JAPAN

Ramen soup so revered entire museums are devoted to it

There are two kinds of ramen in this world. There's the packaged staple of dorm-room cuisine, one of the most processed, industrialized foods ever invented. And then there's the trendy, artisanal, handmade soup that fans line up for hours to try.

But in Japan, ramen isn't just for eating: There are entire museums devoted to it. Yokohama, a short train ride from Tokyo, has one museum for instant ramen and another for handmade ramen, and both offer samples to taste or take home.

At the Shin-Yokohama Raumen Museum (the extra u gives the word a retro feel), you'll find nine shops showcasing different styles of ramen. The English brochure helpfully describes the soup at each, noting whether the noodles are straight, curly or wrinkled, and how thick they are using a five-point scale. The richness of the broth is also rated on a five-point scale.

At each shop, you order and pay for your ramen in an old-fashioned way, via a ticket vending machine in front with photos on the buttons. Some varieties are offered in small portions so you can try more than one type, although for some visitors, one small portion will be enough. If you can't tell, ask the staff which button is mini-ramen (the term is the same in both languages).

If you're weary of foodie seriousness about what is, after all, simple noodle soup, the antidote is just a short train or subway ride away: Yokohama also has a branch of the Cup Noodle Museum.

Instant ramen soup packages on display at the Cup Noodle Museum in Yokohama, Japan. The museum honours the inventor of instant ramen. LINDA LOMBARDI/THE ASSOCIATED PRESS

An exhibit at Shin-Yokohama Raumen Museum, a food theme park devoted to ramen noodles, depicting storefronts in a re-created 1958 shopping district. LINDA LOMBARDI/THE ASSOCIATED PRESS

Where Shin-Yokohama Raumen Museum is a food theme park for adults, Cup Noodle Museum is designed for kids. The small print on its brochure notes that it's formally named the Momofuku Ando Instant Ramen Museum after the inventor of instant ramen. Run by an educational foundation that Ando started, the fun here is designed to support some high-minded goals with exhibits about creativity and invention.

Exhibits include a reproduction of the modest shack where Ando invented Chicken Ramen, a display of the astonishing number of varieties of instant ramen that the Nissan Food Products company has produced since then, and a food court called Noodles Bazaar. And there's a play area where kids can experience the Cup Noodle manufacturing process from the point of view of the noodle.

The main attraction here, though, is the make-your-own section. For a separate fee for a timed ticket, kids (or adults) can make their own personal Cup Noodle, decorating the cup, then putting in the noodles and choosing the soup and toppings. Watch the lid get sealed and the whole cup shrink-wrapped, then your creation is enclosed in a cool protective package that you pump air into to cushion it on the trip home. A warning: Cup Noodle Museum, educational as it is, is extremely popular with school groups and is packed with them some weekdays.

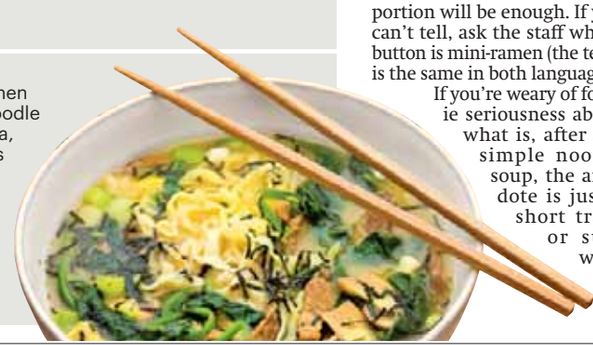
THE ASSOCIATED PRESS

IF YOU GO

Ramen museums

Shin-Yokohama Raumen Museum and Cup Noodle Museum in Yokohama, are about 45 minutes by train from Tokyo.

Websites that have directions in English: raumen.co.jp/english/ and cupnoodles-museum.jp/english/



DEALS OF THE WEEK
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All-Inclusive • Junior suite
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$699
Add taxes & other fees: $445

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Occidental Grand Xcaret
All-Inclusive • Deluxe rm.
May 29 • 1 wk.
$819
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Skydive without leaving Earth

IFLY

Experience weightlessness at iFly Toronto wind tunnel

There is a place just outside Toronto where humans can fly.

And flying makes a nice birthday gift, especially for a 12-year-old playing hooky from school.

Suzanne Lyon took her son, Jack, out of school last week to skydive indoors at iFly Toronto in Oakville, Ont. Jack falls into the vertical wind tunnel where air rushes from below up to 250 km/h, or "a couple hurricanes" worth of wind.

Then he floats for a minute or two, like a skydiver would do after jumping from a plane.

Amazing. Extraordinary. Awesome.
12-year-old Jack

The experience is similar to free falling without the crippling fear that can come with hurtling toward Earth at breakneck speeds.

He dips, dives and sometimes crashes into the wall of the cylindrical chamber with instructor Adrian Uracz standing nearby, sometimes pulling him back and helping him.

He looks a little like a bird learning to fly.

Jack says it was "amazing" and "extraordinary" and "awesome." But the actual experience is difficult to describe. "I don't know what to say," says the boy of few words. But he smiles a lot.

Uracz is more verbal. "It's such a different feeling from what you would have in your everyday life."

Later the instructor shows the rookies how to really fly in the chamber, twisting, turning, flipping and floating at will, as if he lives in a world without gravity. Flyers can learn these tricks over time through iFly's academy with coaches like Uracz.

The facility opened last May and there are 23 others like it around the world, but a wind tunnel in Montreal is the only other one in Canada.

Jeff Finkler, left, is guided by an instructor while trying indoor skydiving at iFly Toronto.
DARREN CALABRESE/THE CANADIAN PRESS

Four giant fans at the top of the building powered by 350-horsepower engines act like a vacuum and suck air up, before sending it back down nearby vents to recirculate. The flyer floats in the middle of this vacuum.

Both Jack and his mother have come before.

Her husband surprised Suzanne Lyon one date night with a trip to iFly — she thought they were going mini-golfing. They returned to let Jack fly and expect they'll be back many times in the future.

Maybe he'll never be able to put the experience into words, but if he can, it will surely involve a lot of superlatives.
THE CANADIAN PRESS

IF YOU GO

What you need to know
- iFly Toronto is open daily. Flights begin at $72.
- There are risks involved and pregnant women and those who have dislocated their shoulders previously shouldn't participate.
- Children aged four and up can fly but must be accompanied by an adult.
- Find out more at: ifly-toronto.com

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Promotion ends April 30, 2015

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TRAVEL NOTES FINDING THE LOWEST AIRFARES

New: All-natural travel kits
The Canadian-made Consonant natural skin-care line has launched a couple of new travel kits full of miniatures of some of their top products. The company uses organic botanical ingredients, affirming that what goes on your body also goes in your body. Includes The Perfect Sunscreen, one of the smoothest, most non-greasy, mineral-based sunscreens out there. Pictured set, $225. Visit ConsonantSkincare.com.

Bucket List: West Hollywood
While L.A. can be overwhelming, choosing West Hollywood as your home base will make it manageable. There's a lot to do: Check out the up-and-coming comedians at the Comedy Store on Sunset Strip or prop up a corner of the bar at the Chateau Marmont. Pop into the Standard Hotel (pictured) for a dip in the pool and some lunch or play Spot the Celebrity at the Mondrian Hotel patio bar.

Tip: Find the lowest airfares
It's sometimes not where you search for cheap flights, but when. The moment you see an airline sale, wait until the next afternoon to hunt for a fare, because all the airline's competitors will be trying to match the previous day's sale price. The sweet spot for buying domestic tickets is 55 days in advance. Best day to fly? Tuesday, because there is less demand for seats and the prices are lower. DOUG WALLACE

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Total price includes air transportation charges, taxes, fees and charges.

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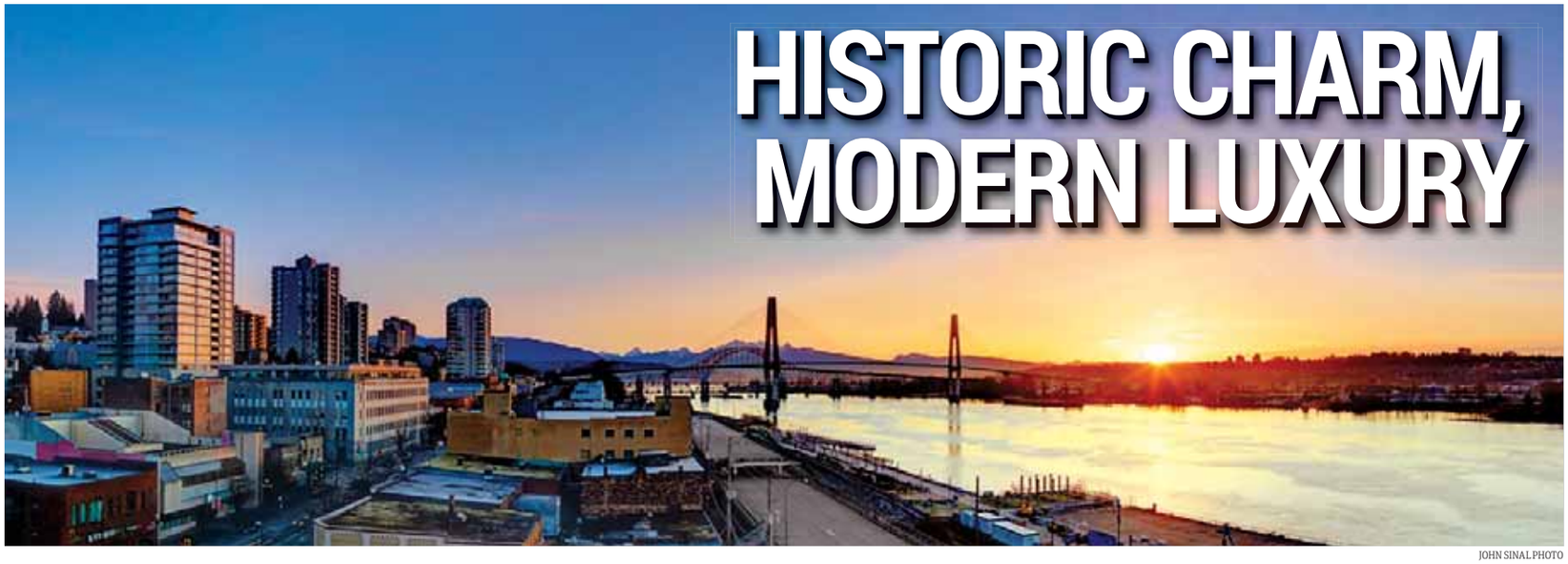
Hearing-impaired (TTY): 1-800-361-8071. Baggage policy for Economy Class: International travel: A fee of up to $100 (CAD) per direction is charged for the second checked bag on flights between Canada and most international destinations. A different fee may be charged for checked bags by Air Canada partners on the flights they operate. See total price for baggage fees and complete details on baggage allowance at www.aircanada.com/baggage. Fees for optional services such as itinerary changes, additional baggage, advance seat selection or certain special service requests may increase overall cost. For more information, please consult www.aircanada.com/en/travelinfo/products_services.html. **Conditions: OSAKA (KIX):** Tickets must be purchased by April 15, 2015. Maximum stay: 3 months. Advertised fares are valid on AC1951/AC1952 only, valid Monday through Wednesday and inbound date May 2nd through July 24, 2015 or August 19 through October 24, 2015. **Barcelona/Nice (BCN/NCE):** Tickets must be purchased by April 14, 2015. A 7-day advance purchase applies. Minimum stay: Saturday night; Maximum stay: 6 months. Advertised fares are valid Sunday through Thursday departures. Inbound travel dates are May 1st to June 20, 2015. **Venice (VCE):** Tickets must be purchased by April 14, 2015. A 7-day advance purchase applies. Minimum stay: Saturday night; Maximum stay: 6 months. Advertised fares are valid Sunday through Thursday departures. **Dublin (DUB):** Tickets must be purchased by April 14, 2015. A 7-day advance purchase applies. Minimum stay: Saturday night; Maximum stay: 6 months. Advertised fares are valid Monday through Thursday departures. **LIMA (LIM):** Tickets must be purchased by April 20, 2015. Minimum stay: 5 days and maximum stay: 6 months. Advertised fares are valid Monday through Thursday departures. **Additional conditions:** Seats are limited and subject to availability. Total prices displayed include air transportation charges, taxes, fees and charges calculated based on non-stop flights. Taxes and fees are subject to change. Final price and breakdown of taxes, fees and charges will be displayed during booking on www.aircanada.com prior to final purchase. For immediate information on the final price and breakdown of taxes, fees and charges, contact your travel agent or Air Canada Reservations at 1-888-247-2262. Some itineraries may require connections. Itineraries involving connections may have higher or different total prices due to varying air transportation charges as well as taxes, fees and charges. Certain international destinations may have taxes, fees or charges that must be paid at point of origin or departure. Please contact the nearest foreign government office of the country you plan to visit for definitive, up-to-date information. Tickets are refundable subject to a fee of $300 (CAD). Advertised prices are valid at time of printing and apply to new bookings only. Prices may vary depending on routing and date of departure and return. Day-of-week, time-of-day restrictions may apply. This offer may not be combined with, applied to or used in conjunction with any other discount. Flights may be operated by Air Canada, Air Canada Express™ carriers (Jazz Aviation LP, Central Mountain Air, Sky Regional Airlines Inc., Air Georgian or Exploits Valley Air Services Ltd.) or Star Alliance™ partners Lufthansa (LH), Swiss (LX), Austrian Airlines (OS) or Brussels Airlines (SN). **International destinations:** For certain International destinations, a cancellation fee may apply. Other flight restrictions and purchase conditions may apply. ™Air Canada Express is a trademark of Air Canada. ™Star Alliance is a trademark of Air Canada in Canada.



HISTORIC CHARM, MODERN LUXURY

JOHN SINAL PHOTO

LAST CHANCE TO OWN MODERN HERITAGE CONDO IN HEART OF NEW WEST

Vintage brick walls, massive heritage windows, a restored terra cotta stone facade and architecture dating back to the Edwardian Era aren't typically offered alongside modern condo luxury — yet this is how The Salient Group's Trapp+Holbrook sets itself apart.

Behind the building's century-old exterior, residents will experience completely new, thoughtfully planned interiors designed for a contemporary lifestyle.

Only four homes are still available, and each offers cutting-edge features such as engineered wide-plank laminate floors, quartzite countertops, undermount stainless steel sinks, and high-quality KitchenAid appliances.

Not only are the Trapp+Holbrook condos one month away from being completely move-in ready — a rare opportunity for new developments — but for a limited time, GST is included and you can own with just five per cent down.

"We've been very well-received," says Richard Wittstock, senior vice-president of development.

Thanks to a careful balance of restoration and innovation, character is preserved while offering the latest in modern amenities. The efficient floor plans maximize living and storage space. A breakfast bar in the kitchens will become the social hub of at-home entertaining and the panoramic Fraser River views from most homes will take guests' breath away.

Eco-friendly design choices and sustainability are at the heart of Trapp+Holbrook, which boasts community garden plots for aspiring locavores, as well as 6,000 square feet of outdoor patio space for reading and summer barbecuing, while a fully equipped fitness facility keeps daily workouts within reach.

The four remaining one-bedroom homes start at $249,900.

Salient, the award-winning developer of Trapp+Holbrook, is offering parking with every home, and has partnered with Shaw Cable to provide one free year of Internet, cable and HD PVR. To find out more, visit 702 Columbia St., in New Westminster. The presentation centre is open every day but Friday from noon to 5 p.m. Or call 604-525-0223 before the presentation centre closes May 3.

GIVING YOU A SENSE OF B.C.'S HISTORY

Heritage matters to homebuyers.

Trapp+Holbrook, a new condo tower by Salient Group, is building the history of New Westminster into its unique development.

Located on the city's historic Columbia Street, Trapp+Holbrook will meld the heritage character of the original Trapp and Holbrook Block facades, with a modern cutting-edge tower.

The team revitalized each piece of terra cotta from the facade — meticulously removing them, restoring them and putting them back, piece by piece.

"There's no other building like it," says Richard Wittstock, senior vice-president of development.

"It gives you a sense of B.C.'s history."

The new kid on the block

New Westminster may be the oldest city in Greater Vancouver, but the city's eclectic mix of old and new keeps it fresh.

"That old-meets-new feeling you get here makes New Westminster a great place to live," says Richard Wittstock, senior vice-president of development.

"It's a hub for young people who are looking to buy a place that's authentic and interesting at an achievable price."

With Trapp+Holbrook, the Salient Group is building on its string of award-winning successful Gastown developments, which were instrumental in catalyzing the transformation of a once-overlooked neighbourhood into what is now one of Canada's most vibrant urban districts.

The momentum of New Westminster and Columbia Street, its Miracle Mile high street, is appealing and evidenced by an ever-increasing level of activity. Trapp+Holbrook is building on this momentum by working with a selection of local, independent, high-quality businesses that will further enhance the street's eclectic vibrancy.

CONTRIBUTED

While maintaining its historic charm, the city of New Westminster is also investing millions in civic renewal, including the new civic centre and the spectacular Westminster Pier Park on the waterfront, as well as public space on the waterfront, a close walk from Trapp+Holbrook.

Trapp+Holbrook residents can take advantage of the city's impressive $44-million Anvil Centre, which opened last fall on Columbia Street, and hosts many amenities for the community, including the city museum, new-media gallery, performing arts theatre, arts studios, and other multi-purpose areas.

The recently renovated New Westminster SkyTrain Station, a three-minute walk from Trapp+Holbrook, is now a full shopping and entertainment complex that includes a Safeway, Starbucks, banks, restaurants and Landmark Cinemas. The River Market located on the Fraser River is the perfect place to pick up a fresh loaf of bread. Or get a bite to eat at restaurants including Re-up BBQ, Wild Rice and The Boathouse.

Visit the Trapp+Holbrook presentation centre at 702 Columbia St., in New Westminster, which is open daily from noon to 5 p.m. (closed Fridays). For more, call 604-525-0223 before the presentation centre closes May 3.

TRAPP + HOLBROOK

HOME	SF	TYPE	PRICE INCL. GST
1204	517	1 BED	$249,900
402	617	1 BED LOFT	$299,900

HOME	SF	TYPE	PRICE INCL. GST
1907	505	1 BED	$284,900
704	598	1 BED	$329,900

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metro SPORTS

Saskatoon's Trey Lyles will leave Kentucky to enter this summer's NBA draft

WEEKEND, April 10-12, 2015

Canucks crush Coyotes

NHL

Vancouver will face Calgary in first round of playoffs

5	0
CANUCKS	COYOTES

Cam Tucker
Metro | Vancouver

It's official. A rivalry is renewed.

The Vancouver Canucks will meet the Calgary Flames in the opening round of the Stanley Cup playoffs. The only thing left to be decided is which team will get home-ice advantage, and that will figure itself out on Saturday.

The Flames punched their ticket to the post-season with a 3-1 win over the defending champion L.A. Kings on Thursday. Meanwhile, in Vancouver, the Canucks and Arizona Coyotes didn't have quite the same feel.

In fact, it had no feel.

The Canucks, having clinched a playoff spot earlier in the week, crushed the Coyotes, firmly entrenched in the race for the Connor McDavid sweepstakes, by a final score of 5-0.

Yannick Weber had a pair of power-play goals in the second period, utilizing that cannon of a slapshot he possesses to beat Arizona goalie Mike Smith.

Both of Weber's goals were scored from almost the exact same spot on the ice. Both times, he beat Smith stick side, just over the right pad.

Kyle Chipchura of the Coyotes tries to get his stick on an airborne puck following a rebound from Canucks goalie Eddie Lack at Rogers Arena on Thursday night. RICH LAM/GETTY IMAGES

28

The number of saves Eddie Lack made Thursday night for his second shutout of the season

Weber, 26, improves to 11 goals on the season, giving Vancouver that heavy shot from the blue-line on the power play. And he's become a constant in the lineup, even with a pair of young, right-shooting defencemen — Frank Corrado and Adam Clendening — in their system and getting looks with the big club earlier this season.

The Canucks host the Edmonton Oilers on Saturday, with an opportunity to clinch home-ice advantage in the opening round.

PAYING TRIBUTE

Canucks to honour Gino Odjick in season finale

The Vancouver Canucks will celebrate Gino Odjick, one of the most popular players to ever wear the jersey, on Saturday when they host the Edmonton Oilers.

Loved by fans during his time with the Canucks, and revered for his toughness as a player, Odjick was diagnosed last year with a rare terminal disease, AL amyloidosis.

The Canucks have encouraged fans to be in their seats for 6:45 p.m. PT.

MLS

Caps add midfielder Techera

The Vancouver Whitecaps certainly aren't short on depth within their Major League Soccer club.

On Thursday, the day after drawing the Columbus Crew to extend their point streak to five games, the Whitecaps finally announced the addition of midfielder Cristian Techera, following weeks of speculation that the five-foot-two Uruguayan was coming to Vancouver.

The Whitecaps get Techera on loan, with a transfer option, from Club Atletico River Plate Montevideo of the Uruguayan Primera Division.

10

In 24 matches with Club Atletico River Plate Montevideo, Cristian Techera has 10 goals.

According to the club, the Whitecaps acquired first right to refusal to Techera from Toronto FC in exchange for allocation money.

"He is a quick natural winger, who can play both sides of the pitch," said head coach Carl Robinson in a statement. "He has great technical ability and will excite in the attacking third."

Robinson told reporters that he's hoping to get Techera into Vancouver next week, while the matters of a Canadian work permit and visa get sorted out.

The Whitecaps will hit the road to play the San Jose Earthquakes on Saturday.

It's unclear at this point if centre back Diego Rodriguez, who left Wednesday's match early with a tight quad, will be available for the Whitecaps.

CAM TUCKER/METRO

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At WIND Mobile you'll get truly Unlimited Plans with Unlimited Data, Talk and Text. And no surprise overages. Check us out.

from $35/mo

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The Flames' Matt Stajan, right, watches a shot by Johnny Gaudreau get past Kings goalie Jonathan Quick for a goal at the Scotiabank Saddledome on Thursday. THE CANADIAN PRESS

NHL

Flames kick out Kings to seal playoff spot

Jiri Hudler scored twice and added an assist Thursday night as the Calgary Flames clinched their first playoff spot in six years with a 3-1 victory over the Los Angeles Kings.

The Kings saw their post-season aspirations come to an end with the loss. It is the first time since the Carolina Hurricanes in 2006-07 that the defending Stanley Cup champions have failed to make the playoffs the following season.

Johnny Gaudreau also scored for Calgary (45-29-7). Winners of five of their last six, the Flames wrap up the regular season in Winnipeg on Saturday against the Jets, who, despite losing 1-0 to the Colorado Avalanche in a shootout, clinched the second wild-card spot with the Kings loss.

Jordan Nolan scored for Los Angeles (39-27-15), which finishes the year winless in its final five games on the road (0-4-1). The Flames will play the Vancouver Canucks in the first round of the Stanley Cup playoffs. THE CANADIAN PRESS

IN BRIEF

A-Rod homer not enough to thwart tenacious Toronto

Alex Rodriguez hit his first home run since serving a yearlong drug suspension, but the Toronto Blue Jays beat the New York Yankees 6-3 Thursday in the first major league win for eccentric rookie Daniel Norris. Edwin Encarnacion homered and the Blue Jays got RBI singles from Jose Reyes and Kevin Pillar in a four-run second inning against CC Sabathia.

The Jays took 2 of 3 in the season-opening series, boosting their record at Yankee Stadium to 7-30 since 2011. THE ASSOCIATED PRESS

Lions ensure receiver Iannuzzi extends contract

The B.C. Lions signed Canadian receiver Marco Iannuzzi to a contract extension through the 2016 season Thursday.

The six-foot-one, 195-pound Iannuzzi is entering his fifth season with the Lions, who selected him in the first round, sixth overall in 2011. Iannuzzi, of Calgary, has appeared in 62 regular-season games with B.C., registering 73 catches for 786 yards and seven touchdowns. He had 11 receptions for 124 yards in 14 games last season. THE CANADIAN PRESS

Spieth in familiar spot atop Augusta

MASTERS

21-year-old has three-stroke lead after the first round

Jordan Spieth was already one of the hottest players on the PGA Tour.

He showed no signs of letting up at the Masters.

There are still three rounds to go, but the 21-year-old Spieth looks very much like the one to beat after opening with an 8-under 64 and making a serious run at the major championship scoring record Thursday.

If not for a blunder at the par-5 15th, where Spieth's tee shot left him perfectly positioned for no worse than a birdie but he wound up making bogey, he very well could have been the first player to shoot 62 at one of golf's biggest events.

As it was, Spieth came up just short of the record, which is 63, but can't complain about a three-shot lead heading to Friday.

Ernie Els, Justin Rose, Jason Day and Charley Hoffman all shot 67. Sergio Garcia and Russell Henley were another stroke back with 68s.

"To make nine birdies out there, that's a dreamy round for me," Spieth said. "It was a lot of fun."

Jordan Spieth receives a loud ovation upon scoring a birdie to end his first round of the Masters on Thursday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

CANCON

In Canadian results, amateur Corey Conners of Listowel, Ont., was 8 over while 2003 Masters champion Mike Weir of Bright's Grove, Ont., was 10 over.

None of this should be a surprise. Not the way he was playing leading up to Augusta, having won, finished second, and lost in a playoff in his three previous tournaments. Not the way he played a year ago in his Masters debut, leading on Sunday before fading down the stretch to finish in a tie for second behind Bubba Watson.

Maybe it was the experience last time that kept from getting too worked up about his brilliant start. There's an endless list of players who led a major after the opening round and were long gone by Sunday.

But it would be a huge surprise if Spieth fades away.

"I was leading last year at one point by a couple of shots on Sunday," he recalled. "It didn't go my way. I know how many things can happen in a major championship. I'll try to learn from last year and stay patient these next three rounds."

Meanwhile, Tiger Woods displayed improvement in his return to competitive golf. He's still got a lot of work to do, however, before he's ready to compete for his 15th major championship.

Woods finished with a 1-over 73. THE ASSOCIATED PRESS

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Prep time: 15
Cook time: 35

Directions

1. Preheat the oven to 425°F. Lightly coat a 9- x 13-inch casserole dish with vegetable spray.

2. Dust the chicken with the flour. In a large skillet lightly coated with cooking spray, add 2 tsp of the vegetable oil and set over medium heat. Add the chicken and sauté for about 8 minutes or until browned on all sides. Place in the casserole dish.

3. Wipe and respray the skillet, add the remaining 2 tsp of vegetable oil. Add the onion and sauté for 5 minutes. Add the mushrooms and sauté for 8 minutes or until the mushrooms are no longer wet. Add the bell pepper and sauté for 4 minutes.

4. Whisk together the soy sauce, hoisin sauce, water, garlic, ginger, sesame oil and rice vinegar in a small bowl. Add to the vegetables and cook for 1 minute. Pour over the chicken and bake for 10 to 15 minutes, or until the chicken is done. Garnish with sesame seeds and cilantro if using. Serve over rice or noodles.

Ingredients
- 1 1/2 lb skinless boneless chicken thighs (about 6 thighs)
- 1/4 cup all-purpose flour
- 4 tsp vegetable oil
- 1 1/2 cups sliced onion
- 4 cups sliced button mushrooms
- 1 1/3 cups sliced yellow or red bell pepper
- 1 1/2 tbsp low-sodium soy sauce
- 1 1/2 tbsp hoisin sauce
- 1 tbsp water
- 2 tsp finely chopped garlic
- 2 tsp finely chopped ginger
- 1 tbsp sesame oil
- 2 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 3 tbsp choppeed cilantro (optional)

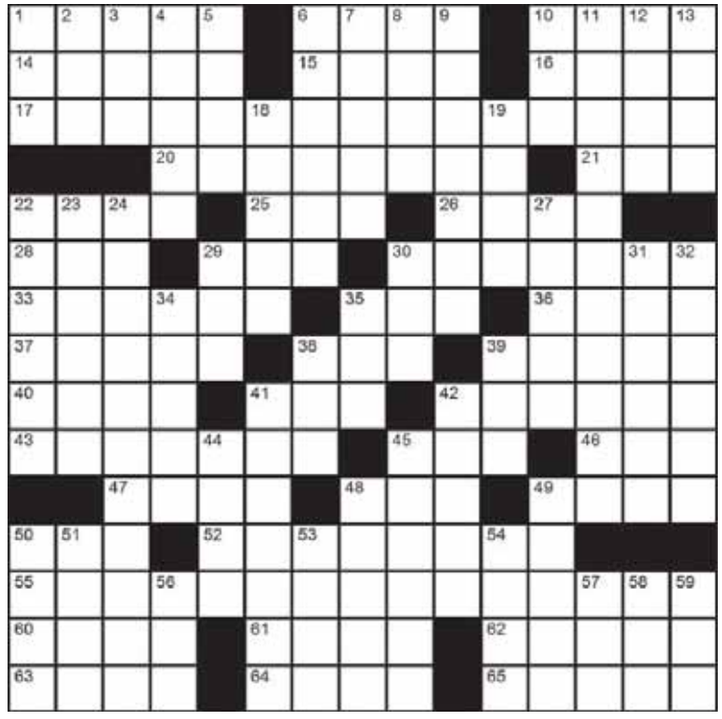
Nutrition per serving
- Calories 264
- Protein 23 g
- Carbohydrates 10 g
- Fibre 1.2 g
- Total fat 14.6 g
- Saturated fat 3.0 g
- Cholesterol 74 mg
- Sodium 270 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Upcoming comedy, "Paul _: Mall Cop 2" (2015)
6. Mario Puzo character
10. Bright fish
14. Oddity
15. With: French
16. Other
17. Nova Scotia: The Lighthouse Route is one scenic drive ...and this is another: 2 wds.
20. Quebec city/river
21. Edible tuber
22. Donkey/horse
25. Bronze Roman money
26. Headland
28. _ _ budget
29. Docs
30. "Remedy" on Global TV star, Diego _ (Trivia! He won the first VJ Search for Much-Music in 1995)
33. MLS properties
35. Gives birth
36. Collector's suffix
37. Cook's covering
38. Criticize
39. Fibre-_ cable
40. CNN's "The Wonder List with Bill _"
41. Clear
42. "Anchors _" (1945)
43. Triangular bone
45. Canadian hoops org.
46. Slade's "Take Me Bak '_"
47. Ink stain
48. Scottish writer Josephine
49. _ _ the kill
50. Hearer
52. Cameron _ (Canadian actor/TV host)
55. Subject of "Lord of War" (2005) starring Nicolas Cage: 3 wds.
60. Stare, stunned-style
61. Q. "Is '_' _ way to abbreviate Dublin's land?" A. "Indeed."
62. Serf of Sparta
63. US IDs
64. Actress Barbara
65. Acadian singer Ms. Butler

DOWN
1. Pre-A.D. indicator
2. Sweetie
3. The Altar constellation
4. Clean the fruit
5. Attire for Augustus
6. Appraises
7. Brick wall plants
8. Memphis, _.
9. Water-related Titan
10. Poetic preposition
11. Sony gaming system
12. Laos' locale
13. Leadership position
18. "My word!"
19. Salmon sort
22. Punk rocker hairstyle
23. Closed
24. Host of CBC Radio 2 program The Signal (Trivia! She is a Much-Music alum and has a cameo in Corey Hart's "Sunglasses at Night" video): 2 wds.
27. Straight-billed marsh bird
29. Fellows
30. Room cooler
31. Puzzling problem
32. Perfumed pouch
34. _-Tracy, Quebec
35. Milliner's creation
38. Liveliness
39. Mouse muncher
41. Canadian musician Ms. MacMaster
42. Chasm
44. 1978 movie for Canadian actress Genevieve Bujold
45. American retailer, _ Marcus
48. Two-plus-one's sum
49. Chris de Burgh's "The Lady _ _"
50. Shelled things
51. Woeful word
53. Alimentation Couche-_ Inc. (Canadian convenience store company)
54. Will-_'-_-wisp
56. Library fare, briefly
57. Ms. Landry
58. Polka's pal
59. Ordinal suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Someone in a position of authority can and will help you out over the next 24 hours, if you ask them to. Not even an Aries can do it all by themselves.

Taurus April 21 - May 21
If you have a good idea today you must let others know about it, especially those who can support you and guide you. Sharing what you know is always good business.

Gemini May 22 - June 21
Family matters are under excellent stars at the moment, so if you need to get back on good terms with a loved one now is the time to kiss and make up.

Cancer June 22 - July 23
You will have to deal with a difficult person today but are advised not to do anything that could turn them against you. According to the planets you will need this person's assistance very soon.

Leo July 24 - Aug. 23
You will discover something about a friend or work colleague today that answers a lot of questions. What you discover might be amusing but you are advised to keep it to yourself.

Virgo Aug. 24 - Sept. 23
You need to make your peace with someone you have fallen out with in recent weeks. The planets suggest that if you make the effort you won't be disappointed.

Libra Sept. 24 - Oct. 23
Open up and reveal your true feelings today. If you are not happy with something, or someone, then say so. Don't make it hard for others to read your mood.

Scorpio Oct. 24 - Nov. 22
Someone older and wiser will give you some valuable advice today and if you are smart you will take it. You may be doing well but you could be doing even better.

Sagittarius Nov. 23 - Dec. 21
Others may say you are being too careful, and maybe you are, but don't change your ways to please them. Looked at from another perspective, they're taking too many chances.

Capricorn Dec. 22 - Jan. 20
You may want to help someone in need but some people prefer to suffer in silence than admit they need assistance. Respect their wishes.

Aquarius Jan. 21 - Feb. 19
You may be sad that something, or someone, is going out of your life but don't shed too many tears. The good news is that something, or someone, even better will come along to fill it.

Pisces
Feb. 20 - March 20
Your viewpoint on an important issue will change dramatically over the next 48 hours — you may even end up at the opposite end of the opinion spectrum to where you are now.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		7		2		9	
6					9			8
2		6						4
			9		3			
8						7		1
7			4					6
	3		1		5		8	

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